



DELIGHTES
FOR LADIES, TO
adorne their Persons,
Tables, Closets, and
Distillatories:

W^m W^m Platel
BEAUTIES, BANQVETS,
Perfumes & Waters.

Reade, Practice, & Censure.



AT LONDON,
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LOWNES.
1609.



To all true Louers of Art, and knowledge.

Sometimes I write the formes of burning balles,
Supplyng waies that were by woodfats wrought,
Sometime s o! tubs defended so by arte,
As fire in raine hath their destruction sought:
Sometimes I write of lasting Beuerage,
Great Neptune and his pilgryms to content:
Sometimes of food, sweet, frish, and durable,
To maintaine life, wher all things els were spent:
Sometimes I write of sundrie sortes of soile,
Which neither Ceres nor her handmaides knew.
I write to all, but scarfly one beleenes,
Saue Diue and Denshite, who haue found the true.
When heauens did mourne in clondie mantles clad,
And threarned famine to the sonnes of men:
When sobbing earth denied her kindly fruite
To painfull ploughmen and his hivdes: euen then
I write relining remeaises of dearthe,
That Art might helpe where Nature made a faille.
But all in raine, these new borne babes of Art,
In their untimely birth straight-way do quale.

A 2

Of

THE EPISTLE.

Of these and such like other new found skils,
With painefull pen I whilome wrote at large,
Expecting still my countries good therein,
And nos respecting labour, time or charge:
But now my pen and paper are perfum'd,
I scorne to write with coppresse or with gall,
Barbarian canes are now become my quils,
Rosewater is the inke I write withall:
Of sweetes the sweetest I will now commend,
To sweetest creatures that the earth doth beare:
These are the Saints to whom I sacrifice
Preseruves and conseruves both of plum and peare.
Empaling now adieu: tush, marchpane wals,
Are strong enough and best befits our age:
Let pearcing bullet's turne to sugar bals,
The Spanish feare is hush't and all their rage.
Of marmelade and paste of Genua,
Of musked sugar I intend to wright,
Of Leach, of Sucket, and Quidineat,
Affording to each Ladie, her delight.
I teach both fruites and flowers to preserue,
And candie them, so Nutmeggs, Cloves, and Mace;
To make both marchpane paste, and sugred plate,
And cast the same in formes of sweetest grace,
Each bird and soule, so moulded from the life,
And after cast in sweet compounds of Arte,
As if the flesh and forme which Nature gaue,

Did

THE EPISTLE.

Did still remaine in every lim and part.
When crystall frost hath nipt the tender grape,
And cleane consum'd the fruits of euerie vine,
Yet heere behold the clust'rs fresh and faire,
Fed from the branch, or hanging on the line,
The Wallnut small nut, and the Chesnut sweet,
Whose sugred kernels lose their pleasing taste,
Are heere from yeere to yeere preserved meet,
And made by arte with strengest fruits to last:
Th' artichoke, and th' Apple of such strength,
The Quince, Pomgranate, with the Barberie,
No sugar ri'd, yet colour, taste and smell,
Are heere maintain'd and kept most naturally:
For Ladies closets and their stillatories,
Both waters, ointments and sweet smelling bals.
In easie tearmes without affected speech,
I heere present most ready at their cals.
And least with carelesse pen I sh.ould omit
The wrongs that Nature on their persons wrought
Or parching sun with his hot firie rayes,
For these like wise reliating means I sought.
No idle thoughts, nor vaine skirmish'd sharps.
By fancies fram'd within a theorique braine,
My Muse presents unto your sacred eares:
To win your favours falsly I disdaine,
From painfull practise, from experience,
I sound, though costly mysteries derive:

Did

A 3

Wish

THE EPISTLE

With firie flames in scorching Vulcans forge,
To teach and fine each secret I doe strive.
Accept them well, and let my wearied Muse
Repose her selfe in Ladies laps awhile.
So when she wakes, she happily may record,
Her sweetest dreames in some more pleasing stile.

H. Plat.

THE



THE TABLE.

Good Reader, for the ynderstanding of this
table, know that a, b, c, d, do gine dire-
ctions vnto the foure severall partes or Treas-
ties of this Booke: (a) for the first, the rest in
their order.

A

A Nula Campana rootes preserued.	a, i
Almonds in Leach	a, 27
Almond butter to make	a, 57
Almonds into gelly	a, 58
Alliger distilled	b, 16
Apples kept drie all the yeare	a, 47
Aqua rubea	b, 7
Aqua composita of D. Steuens	b, 8
Artichokes kept long.	a, 69

B

B Ags sweet to lie amōgit linne,	d, 35
Ball to take out staines	d, 3
Ball to wash with	d, 8
Balme water	b, 5
Beaumanger	c, 12
Beefe roasted kept long	c, 15

A 4

Beefe

THE TABLE.

Beefe powdred kept long without charge	c, 19
Beefe fresh at the sea.	c, 20
Beautie for the face	d, 7. 14.
Bisket bread, or French bisket	a, 19
Bisket called Prince Bisket	a, 20
Bisket called biscettello	a, 21
Bloud of hearbs	b, 22
Borage candied.	a, 11
Bottling of Beere truely	c, 27
Bottles mustie helped	c, 28
Bottle ale most excellent	c, 32
Brawne to eat tender and delicate	c, 13
Broome capers preserued	a, 37
Broiling without tsmoke	c, 26
Bruse helped	d, 24
Butter tasting of spice or flowers	a, 21

C

AKes sweet without spice or sugar	a, 6
Candyng of flowers	a, 9, 53
Gaudyng in rocke candie.	a, 33, 42.
Candyng of orange pilles,	a, 35
Candles for Ladies tables	c, 39
Candles hanging in the aire	c, 40
Capers of broome preserued	a, 37
Gapon boyled in white broth,	c, 5

Casting

THE TABLE.

without	Casting in sugar plare,	2, 13
c, 19	Casting of sugar in party moulds,	2, 43
c, 20	Casting and moulding offruit	a, 44
d, 7, 14.	Cherries preserued	a, 8
a, 19	Cherie pulp kept dry all the yeere,	a, 45
a, 20	Cherries dried in the sunne	a, 46
a, 21	Cheese extraordinaire	c, 22
b, 22	Chesnuts kept long	a, 73
a, 11	Chilblanes helped	a, 15
c, 27	Chine of veale or chicken boiled.	c, 10
c, 28	Cinamon water	b, 10
c, 32	Collis white and like gellie	a, 55
ate c, 13	Comfits of all sorts	a, 54
a, 37	Cóserue of Prunes or Dásons	a, 50, 52
c, 26	Conserue of strawberries	a, 51
d, 24	Cowcumbers preserued	a, 36
2, 21	Cowslep paste.	a, 40
sugar	Cowslep water of vinegar of the co-	
a, 6	lour of the cowslep.	34
a, 9, 53	Crayfish kept long	c, 31
33, 42.	Creame clowted.	c, 23

D

D	Amaskē powder	d, 19
	Damsons in marmelade	a, 31
	Damson pulpe kept all the yeare	a, 45
	Damsons in conserue	a, 50, 52
	Dentifrices for the teeth,	d, 26

A 5

Ditil.

THE TABLE.

Distillation of herbs in a new manner	b, 11
Drying of fruities in the sun.	a, 46

E.

E Glantine water	b, 30
E Eringo rootes preserued	a, 1
Extract of vegetables	b, 19

F

F Ace spotted or freckled to help,	d, 6
	23
Face made faire	d, 7. 14.
Face full of heate, helped	d, 18. 16
	17. 18. 19. 20. 21.
Face kept white and cleare	d, 12
Fish into paste	C, 14
Fish fried kept long	C, 17
Flesh kept sweet in summer	C, 24
Flies kept from oile peeces,	C, 30
Eldunder boiled on the French fashio	
	C, 3
Flowers preserued	a, 7
Flowers candied	a, 9. 11
Flowers in rocke candie	a, 42
Flow-	

THE TABLE.

nanner b, 11	Flowers dried without wrinkling. a 63
a, 45	Fruit preserued a, 8
	Fruit how to mould and cast a, 44
	Fruit kept drie all the yeare, a, 45. 46, 47
	Fruit kept long fresh. a, 20

b, 20

a, 1

b, 19

lp, d, 6

23

d, 7. 14,

, 18. 16

20, 21.

d, 12

c, 14

c, 17

c, 24

c, 30

ashio

c, 3

a, 7

, 9, 11

a, 42

flow-

G

G elly crystalline a, 26
Gelly of fruits a, 29
Gelly of Almonds a, 58
Gilliflowers kept long a, 61
Gilliflowers preserued a, 7
Gilliflower water b, 20
Ginger bread a, 32
Gingerbread drie a, 23
Ginger in rocke candie a, 33, 42
Ginger greene in sirup a, 49
Ginger candied a, 53
Gloves to perfume d, 34
Goos:berries preferued a, 8
Grapes growing all the yeere a, 62
Grapes kept till Easter. a, 64

H

H andwater excellent d, 2, 28	
Hands stained to helpe d, 5	
	Hands

THE TABLE.

Hands freckled to helpe	d, 6
Hand water of Scotland	b, 21
Hassel nuts kept long	a, 72
Haire black altered	d, 30. 37
Haire made yellow	d, 36
Hearbs distilled in a new manner,	b, 11
Hearbs to yeeld salt	b, 12
Hearbs to yeeld bloud	b, 22
Honey to yeeld spirit	b, 23

I

Rish Aquavitæ	b, 9
Isop distilled in a new manner	b, 11
Juice of Oranges or Lemmons kept all the yeare.	c. 35
Humbolds to make	a, 16

L

Arkes to boyle	c, 4
Lauender distilled in a new man- ner	b, 11
Leach of Almonds	a, 27
Leach	a, 59
Leg of mutton boyled after the French fashion	c. 7
Lem-	

THE TABLE.

d, 6	Lemmons in Marmelade	a, 41
b, 21	Lemmon moulded and cast	a, 44
a, 72	Lemmon iuice kept all the yeere	c, 35
d, 30. 37	Lettuce in fuctor	a, 32
d, 36	Liquorice paste	a, 40
ner, b, 11	Lobsters kept long	c, 31
b, 12		
b, 22		
b, 23		
	M:	
	Ace in rocke candie	a, 42
	Mallard to boyle	c, 6
	Marchpane paste	a, 12. 18
b, 9.	Marigolds preserued	a, 7
er b, 11	Marigold's candied	a, 9. 11
s kept all	Marigold paste	a, 40
c, 35	Marmelade of Quinces or Damsons	a, 30
a, 16	Marmelade of Lemmons or orenges	a, 41
c, 4	May-dewe clarified	a, 33
man-	Morphew helped	d, 21. 22
b, 11	Mulberries in gellic	a, 29
a, 27	Muske sugar	a, 2
a, 59.	Mustard meale	c, 25
French	Mustiness helped or preueated in wa-	
c, 7	ter.	b, 24.
Lem:	No flux but by lomons	Nut-

THE TABLE.

N

Nutmegs in rocke candie.	a, 33.42
Nutmegs candied.	a, 53
Nuts molded and cast off	a, 44
Nuts kept long	a, 72

O

Oranges preserved	a, 34
Orange pilles candied	a, 35
Oranges in marmelade	a, 41
Orange molded and cast off	a, 44
Orange juice kept all the yeere	c, 35
Oysters kept long.	c, 15

P

Paste of flowers	a, 14.40
Paste of Nouie	a, 15
Paste to keepe one moist	a, 17
Paste called pust paste	a, 24
Paste short without butter	a, 23
Paste of Genua of Quinces	a, 30
Paste of fish	c, 14
Pear molded and cast off	a, 44
Pearces	

THE TABLE.

Peares kept dry	a, 47
Perfumes delicate, and sodainly made	d, 31
a, 33, 42	
a, 53	
a, 44	
a, 72	
Perfuming of gloues	d, 34
Pickrel boyled on the fréch fashion, c, 3	
Pigion of sugar paste	a, 10
Pigion boyled with Rice	c, 9
Pig to sowse	c, 1.2
Pigs petitoes boyled after the French fashion	c, 8
Plums preserued	a, 8
Plums dried in the sunne	a, 46
Pomander to make	d, 4
Pomander renewed	d, 32
Pomatū most excellēt for the face, d, 13	
Pomgranats kept long	a, 68
Preseruing of Rootes	a, 1
Preseruing of Cowcumbers	a, 36
Prunes in conserue	a, 50, 52
Pulpe of fruite kept all the yeare, a, 45	
a, 14, 40	
a, 15	
a, 17	
a, 24	
a, 23	
a, 30	
c, 14	
a, 44	
Peares	

Q Vidinia of Quinces a, 28
Q Quinces into paste of Genua, a, 30
 Quinces in marmelade a, 31
 Quinces kept drise all the yeere a, 47
Quinces

THE TABLE.

Quinces kept long

a, 67

R

R

R	Abbets of Sugar paste	a, 10
R	Raspices in gellie	a, 29
R	Rootes preserued	a, 1
R	Rootes candied	a, 13
R	Rosa solis to make	b, 5
R	Rosemarie flowers candied	a, 9
R	Rose leauies to dry	a, 36
R	Rose sirup	a, 5
R	Roses preserued	a, 7
R	Roses and Roseleauies candied;	a, 9. 11
R	Rose passe	a, 40
R	Roses kept long	a, 61
R	Roseleauies dried without wrinkles,	a, 63
R	Rosewater distil'd at michaelmas,	b, 14
R	Rosewater distilled in a speedy maner,	b, 15
R	Roses to yeeld a spirit	b, 17
R	Rosewater most excellent	b, 18
R	Rosewater, and yet the Roseleauies not discoloured	b, 23
R	Rosewater and oile dawne together	b, 25
R	Rose-	

THE TABLE.

a, 67	Rosewater of the colour of the Rose.	c, 34
	Rose Vinegar of the colour of the rose.	c, 34
a, 10	Rose vinegar made in a new manner.	c, 41
a, 29		
a, 1		
a, 13		
b, 5	Allet oille purified & graced in taste	
a, 9	Sand smell	c, 36
a, 36	Salmon kept long fresh	c, 16
a, 5	Salt of hearbs	b, 12
a, 7	Salt delicate for the table	c, 38
a, 9. 11	Sawsedges of Polonia	c, 14
a, 40	Sirup of Violets	a, 4
a, 61	Sirup of Roses	a, 5
les,	Sparrowes to boile	c, 4
a, 63	Spirit of wine extraordinarie	b, 1
as, b, 14	Spirit of wine ordinarie	b, 2.
maner,	Spirits of splices	b, 3
b, 15	Spirit of wine tafting of any vegetable	b, 4
b, 17		
b, 18	Spirit of honey	b, 13
ues not	Spirit of hearbs and flowers	b, 17
b, 23	Skinne white and cleare	b, 22
ther	Sunburning helped.	d, 22
b, 25		
Rose-		

S

S	Allet oille purified & graced in taste	
	Sand smell	c, 36
	Salmon kept long fresh	c, 16
	Salt of hearbs	b, 12
	Salt delicate for the table	c, 38
	Sawsedges of Polonia	c, 14
	Sirup of Violets	a, 4
	Sirup of Roses	a, 5
	Sparrowes to boile	c, 4
	Spirit of wine extraordinarie	b, 1
	Spirit of wine ordinarie	b, 2.
	Spirits of splices	b, 3
	Spirit of wine tafting of any vegetable	b, 4
	Spirit of honey	b, 13
	Spirit of hearbs and flowers	b, 17
	Skinne white and cleare	b, 22
	Sunburning helped.	d, 22

THE TABLE.

Stone to sweat in	d, 37
Strawberries in gelly	a, 29
Strawberries in conserue	a, 51
Sucket of Lettuce stalkes	a, 32
Sucket of greene walnuts	a, 49
Sugar musket	a, 2
Sugar paste for soule	2, 10
Sugar plate to cast in	a, 13
Sugar plate of flowers	a, 14
Sugar plate to colour	a, 38
Sugar cast in partie moulds	a, 43
Sugar smelling & tasting of the cloue or cinammon.	a, 71

T

Tale to boile	c, 6
Teeth kept white and sound	d, 10
Thyme distilled in a new manner	25. 16
Trosses for the sea	b, 11
	a, 39

V

Vinegar distilled	b, 16
Vinegar to clarifie	c, 37
Violet sirup,	a, 4
Violet	

THE TABLE

THE TABLE	
d, 27	Violet paste,
a, 29	Violet water or vinegar of the colour
a, 51	of the violet,
a, 32	Vliquebath.
a, 49	

w

3,14	V	Afers to make	a,56
2,38		Walnuts in sucket	a,49
2,43		Walnuts kept fresh long	a,65,66
he cloue 2,71		Wardens kept drie all the yeere,	a,47
		Washing water sweet.	b,21.d,2,28,29
		Whites of egges broken speedily,	c,29
		Widgen to boyle	c,6
c,6		Wine taſting of wormwood made ſpee- dily.	c,33
d,19			

Y

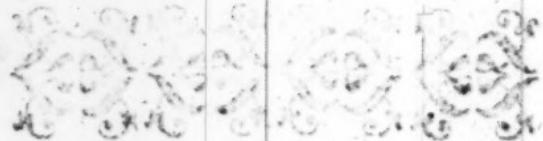
Ytch helped. d, 25

FINIS.



२५६

अग्निरथ



The Arte of preseruing conserving, can- dying, &c.

I How to preserue Eringo rootes, Aenus-
la Campana, and so of others in the
same manier.

Seeth them till they bee
tender, then take away
the piths of them, and
leauue them in a colan-
der till they haue dropped as
much as they will, then hauing
a thin sirup ready, put them being
colde into the sirup beeing also
colde, and let them stand so three
dayes, then boyle the sirup (ad-
ding some more fresh sirup vn-
to it to supply that vwhich the
roots haue drunk vp) a little high-
er, and at three dayes ende boile
the sirup againe without any newy
addition, vnto the full height of a
preseruing sirup, and put in your
rootes, and so keepe them. Rootes
preserued

The Arte of preserving,
preserued in this manner will eate
very tender, because they neuer
boyled in the sirup.

2 How to make muske sugar of common
sugar.

B Ruse 4. or 6. graines of muske,
place them in a peece of sar-
net, fine lawne or cambricke dou-
bled: lay this in the bottome of a
galley pot , straining your Sugar
thereon, stop your pot close, and
all the Sugar in a fewe daies will
both sent and taste of muske, and
when you haue spent that Sugar,
you may lay more sugar thereon,
which will also receiue the like im-
pression. Such muske sugar is sold
for two shillings the pound.

3 How to drie Rose leavnes in a most ex-
cellent manner.

V V When you haue newly taken
out your bread, then put
in

conseruing, candying, &c.

in your Roses in a sieue, first clipping away the whites, that they may be all of one colour, lay them about one inch in thickness in the sieue, & when they haue stood halfe an houre or thereabout they will grow whitish on the top, let them yet remaine without stirring till the vppermost of them be fully dried, then stir the together, and leauue them about one other halfe houre: and if you finde them drie in the top, stir them together againe, & so continue this worke vntill they bee throughly dried, then put them hote as they are into an earthen pot hauing a narrow mouth, and being well leaded within, (the Refiners of golde and siluer, call these pottes, hookers) stop it with corke and wet parchment, or with Waxe and Rosen mixed together, and hang your pot in a chimney or neere a continuall fire, and so they will keepe exceeding fair in colour & molt delicate

The Arte of preseruing,

cate in sent. And if you feare their
relenting, take the Roseleaues a-
bout Candlemas', & put the once
againe into a sieue, stirring them
vp and downe vntill they be dry,
and then put them vp againe hote
into your pot. Note that you must
set vp your ouen lidde, but not lute
it about when you set in your rose-
leaues, either the first or second
time, Post, numero. 6.

4. A most excellent sirup of Violets, both
in taste and tincture.

Xpresse the iuice of clipt Vio-
lets, and to three parts of iuice
take one fourth part of conduit
vvater, put the same into an Ala-
blatter mortar, with the leaues
vwhich you haue stamped, and
vvringe the same out through a
cloath, as you did at the first in-
to the other iuice, put thereto a suf-
ficient proportion of the finest su-
gar

Conseruing, candying, &c.

ger and brought also into a most fine powder, let the same stand 10. or 12. houres in a cleane glased earthen pan, then draine away the clearest, and put it into a glasse, and put thereto a few drops of the iuice of Lemmons, and it will become cleare, transparent, and of the violet colour. Then you may expresse more iuice into the Sugar, which will settle in the botome, with some of the thickest part of the iuice: and heating the same vpon a gentle fire; it will also become a good sirop of violets, but not comparable to the first. By this maner of worke you gaine one quarter of sirup more then diuers Apothecaries doe.

5 *A singular manner of making the sirop of Ros'es.*

Fill a sijuer bason three quarters full of fraine water, or Rose-water: put therein a conuenient

B pro-

The Arte of preseruing,
proportion of Roseleaves, couer
the bason and set it vpon a pot of
hote water (as wee vsually bake a
Custard) in three quarters of an
houre, or one whole houre at the
molt, you shall purchase the whole
strength and tincture of the Rose,
then take out those leaues, wring-
ing out all their liquor gently, and
steewe more freshe leaues in the
same water, continue this iterati-
on seuen times, and then make it
vp in a sirup, & this sirup worketh
more kindly then that which is
made merely of the iuyce of the
Rose. You may make sundry other
sirups in this manner. Quere of
hanging 1 pewter heade ouer the
bason, if the ascending water will
be worth the keeping.

6 Another way for the dryng of Rose-
leaues.

Drie them in the heat of a hote
sunny day vpon a Leades,
tur-

Conseruing, candying, &c.

turning them vp and downe till
they be drie (as they doe haie) the
put them vp into glasses well stopt
and luted, keeping your glasses in
warme places, and thus you may
keepe all flowers: but heaibs after
they are dried in this manner, are
best kept in paper bags, placing the
bags in close Cupboards.

7. *How to preserue whole Roses, Gilli-
flowers, Marrigolds, &c.*

DIP a Rose that is neyther in
the bud nor ouerblowne, in a
sirrup, consisting of sugar double
refined, and Rosewater boiled to
his true height, then open the
leavies one by one, with a fine
smooth bodkin either of bone or
wood, and presently if it be a hot
sunnie day, and whileit the sunne
is in some good height, lay them
on papers in the sunne, or else

B2

dry

The Arte of preseruing,

drie them with some gentle heate in
a close roome , heating the roome
before you set them in, or in an ouen
vpon papers , in pewter disfies , and
then put them vp in glasses and keep
them in drie cupbords neere the fire.
You must take out the seedes if you
meane to eat them. You may prooue
this, preseruing with sugar candie, in
stead of sugar if you please.

*8 The most kindly waie to preserue
plums , cherries , goosberries , &c.*

YOU must first purchase some rea-
sonable quantitie of their owne
iuice , w th a gentle heate vpon im-
bers betweene two dishes , diuiding
the iuice still as it commeth in the
stewing , then boile each fruit in his
owne iuice , with a conuenient pro-
portion of the best refined sugar .

9 How

conseruing, candying, &c.

9 How to candy Rosemary flowers, Rose
leaves, Roses, Marigoldes, &c. with
preseruation of colour.

Dissolve refined, or double refined
sugar, or sugar candy it selfe in
a little Rosewater, boile it to a reaso-
nable height, put in your rootes or
flowers whē your sirup is either fully
colde, or almost colde, let them rest
therein till the sirup haue pearced
them sufficiently, then take out your
flowers with a skimmer, suffering
the loose sirup to run from them so
long as it will, boile that sirup a little
more and put in more flowers as be-
fore, diuide them also, then boile
all the sirup which remaineth and is
not drunke vp in the flowers, to the
height of manus Christi, putting in
more sugar if you see cause, but no
more Rosewater, put your flowers
therein when your sirup is cold or al-
most cold, and let them stand till
they candie.

The Aise of preseruing,

10 A most delicate & stiffe sugar pastie
whereof to cast Rabbets, Pigeons, or
any other little bird or beast, either
from the life or carued molds.

First dissolve Isinglasse in faire
water or with some Rosewater
in the latter ende, then beate blan-
ched almonds as you woulde for
marchpane stuffe, and drawe the
same with creame, and Rosewater
(milke will serue, but creame is
more delicate) then put therein
some powdered sugar, into which
you may dissolve your Isinglasse
beeing first made into gellie, in
faire warme water (note, the more
Isinglasse you put therein, the stif-
fer your worke will prooue) then
hauing your rabbets, woodcocke,
&c. molded either in plaister from
life, or else carued in wood (first
annointing your wodden moldes with
oyle of sweete almonds, and
your plaister or stone moldes with
bar-

conseruing, candying, &c.

barrowes greale) poure your sugar-paste thereon. A quarte of creame, a quarterne of almonds, 2 ounces of Isinglasle, and 4 or 6 ounces of sugar, is a reasonable good proportion for this stiffe. Quere of moulding your birdes, Rabbets, &c. in the compounde wax mentioned in my *Jewell house*, in the title of the *Art of moulding & casting*. pag. 60. For so your moulds wil last long. You may dredge ouer your soule with crums of bread. cinnamon and sugar boiled together, and so they will seeme as if they were rosted and breaded. Leach & gelly may be cast in this manner. This paste you may also driue with a fine rowling pin, as smooth & as thin as you please ; it lasteth not long, & therfore it must be eaten within a fewe daies after the making thereof. By this meanes a banquet may bee presented in the forme of a supper, being a verie rare and strange dcuise.

The Arte of preserving,

*11 To candie Marigolds, Roses, Borage,
or Rosemary flowers.*

BOile Sug*ar*, and Rosewater a little
Upon a chafingdish with coales,
then put the flowers (being through-
ly dried, either by the sunne or on
the fire) into the sugar, & boile them
a little, then strewe the powder of
double refined sugar upon them, and
turne them, and let them boile a little
longer, taking the dish from the fire,
then strewe more powdered sugar on
the contrary side of the flower. These
will drie of themselues in two or
three houres in a hote sunnie daye,
though they lie not in the sunne.

*12 To make an excellent Marchpane
paste to print off in molds for banque-
ting dishes.*

TAKE to euerie Jordan almond
blanched, three spoonfulls of
the

conseruing candying &c.

the whitest refined sugar you can get, scarce your sugar, and now and then as you see cause put in 2. or three drops of damaske Rose-water, beate the same in a smooth stone mortar, with great labor, vntill you haue brought it into a dry little paste, one quarterne of sugar is sufficient to worke at once.

Make your paste into little bals, euerie ball containing so much by estimation as wil couer your mold or print, then roule the same with a rowling pin, vpon a sheete of cleane paper, without strewing a me powdered sugar either vpon your paste or paper. There is a countrie Gentlewoman whome I could name, which venteth great store of sugar cakes made of this composition. But the onely faulte which I finde in this passe is, that it tasteth too much of the sugar, and too little of the almonds, and therefore you may proue the making thereof with such almonds.

The Arte of preseruing,

which haue had some part of their
oyle taken from them by expres-
sion, before you incorporate the
with the sugar, and so happily you
may mixe a greater quantitie of
them with the sugar, because they
are not so oily as the other . You
may mixe cinnamon or ginger in
your paste , & that will both grace
the taste, and alter the colour; but
the spice must passe through a fair
searce : you may steepe your al-
monds in colde water all night, &
so blanch them colde, and being
blanched , drie them in a sieue o-
uer the fire . Here the garble of
almonds will make a cheape paste.

13 *The making of sugar-plate, and car-
sting thereof in earnd moldes.*

TAKE one pound of the whitest
refined or double refined su-
gar, if you can get it, put thereto
three ounces(some coft-makers,
put

Conserning, candying, &c.

put 6. ounces for more gaine) of
the best starch you can buy, and
if you dry the sugar after it is pou-
dred, it will the sooner passe tho-
rough your lawne searce: then
searce it & lay the same on a heape
in the midst of a sheet of clean pa-
per: in the middle of which masse,
put a pretty lump of the bignes of a
walnut of gum dragagant, first,
steeped in Rosewater one night; a
porenger ful of rosewater is suffi-
cient to disloiuе one ounce of gū
(which must first bee well picked,
leauing out the drosse) remem-
ber to straine the gumme through
a canuas, then hauing mixed som
of the white of an egge with your
strained gum, temper it with the
sugar betwixt your fingers by lit-
tle and little, til you haue wrought
vpp all the sugar and the gumme
together into a stiffe pastie, and in
the tempring let there be alwaies
some of the sugar betweene your
fingers and the gumme, then dust
your

The Arte of preseruing,

your wooden moulds a little with
some of that powdered sugar tho-
rough a peece of Lawne or fine
linnen cloath, and hauing driven
out with your rowling pin a suffi-
cient portion of your paste to a cō-
uenient thicknes, couer your mold
therewith, pressing the same down
into euery hollow parte of your
molde with your fingers, and when
it hath taken the whole impressi-
on, knocke the molde on the edge
against a table, and the paste will
issue forth with the impression of
the molde vpon it: or if the molde
bee deepe cut, you may put in the
point of your knife gentlie into
the deepest parts heere and there,
lifting vpp by little and little the
paste out of the molde. And if in
the making of this paste, you hap-
pen to put in too much gum, you
may put more sugar thereto, and
if too much sugar, the more gum:
you must also worke this paste in-
to your molds, as speedily as you
can,

conserving, candying, &c.

can, after it is once made, and before it harden, and if it grow so harde that it cracke, mixe more gum therwith Cut away with your knife from the edges of your paste all those peeces which haue no parte of the worke vpon them, and worke the vp with the paste which remaineth ; and if you will make sawcers, dishes, boawls, &c. then (hauing first driuen out your paste vpon paper, first dusted ouer with sugar to a conuenient largenesse and thicknesse) put the paste into some saucer, dish or boawle of a good fashion , and with your finger presse it gently downe to the insides thereof, till it resemble the shape of the dish, then pare away the edges with a knife , euen with the skirt of your dish , or sawcer, and set it against the fire till it bee drie on the inside, the with a knife get it out as they vse to doe a dish of butter, and drie the backside ; then guilde it on the edges with the

The Art of preseruing,
the white of an egge laide round
about the brim of the dish with a
pensill, and presse the gold downe
with some cotton, and when it is
dry skew or brush off the golde
with the foote of an Hare or Conie.
And if you woulde haue your
paste exceeding smooth, as to make
cardes and such like conceiptes
thereof, then roule your paste vp
pon a slied paper with a smooth &
polished rowling pin.

14. *A way to make suger-plate both of
colour and taste of any flower.*

Take Violets and beat them in
a mortar with a little hard su-
gar, then put into it a sufficient
quantitie of Rosewater, then lay
your gum in steepe in the water, &
so worke it into paste, & so wil your
paste be both of the colour of the
violet, and of the smell of the vio-
let. In like sort may you work with
Marigolls, Cowslips, Primroses,
Buglossie or any other flower.

15 To

conserving, candying, &c.

15 To make paste of Nouie.

Take a quarter of a pounde of Valentian almonds, otherwise called the small almonds or Barbarie almonds . and beate them in a mortar til they come to paste, then take stale manchet beeing grated, and drie it before the fire in a dish , then fist it , then beat it wth your almonds , put in the beating of it a litle cinammon,ginger and the iuyce of a Lemmon , & when it is beaten to perfyt paste printe it w your moldes, & so dry it in an ouen after you haue drawn out your bread: this paste will last all the yeare.

16 To make Iumbolds.

Take halfe a pound of almonds being beaten to paste with a short cake beeing grated, & 2. eggs, 2. ounces of caroway seeds, being beaten

The Arte of preseruing,
beaten, and the iuice of a Lemmor:
and being brought into paste, roule
it into round strings, then cast it into
knous, and so bake it in an ouen, and
when they are baked, yce them with
Rosewater and sugar, and the white
of an egge beeing beaten together,
then take a feather and gild them,
then put them againe into the ouen,
and let them stand in a little while, &
they will be yced cleane ouer with a
white yce, and so boxe them vp, and
you may keep them all the yeere.

17 To make a paste to keepe you moist,
if you list not to drinke oft, whch La-
dies vsse to carry with them whē they
ride abroad.

TAKE halfe a pounde of da-
maske prunes and a quarterne of
dates, stone them both, and beate
them in a mortar with one warden
beeing rosted, oreles a slice of olde
marme-

conserving, candying &c.

marmelade and so printe it in your
moldes, and drie it after you haue
drawne bread, put ginger vnto it, and
you may serue it in at a banquet.

18 To make a Marzipane.

Take two pounds of Almonds
beeing blaunched and dryed in
a sieue ouer the fire, beate them in a
stone mortir, and when they be small
mix with the two pound of sugar be-
ing finely beaten, adding two or
three spoonfulls of Rosewater, and
that will keep your almonds from oil-
ing: when your paste is beaten fine,
drive it thin with a rowling pin, and
so lay it on a bottome of wafers, then
raise vp a little edge on the side, and
so bake it, then yce it with Rosewa-
ter and Sugar, then put it into the o-
uen againe, and when you see your
yce is risen vp and drie, then take
it out of the Ouen and garnish it
with

The Arte of preserving,

with prettie concepts, as birds & brastes beeing cast out of standing molds. Sticke long cōfis vpright in it, cast bisket and carowaines in it, and so serue it; gild it before you serue it: you may also print off this Marchpane paste in your molds for banquetingdishes And of this paste our comfit makers at this day make their letters, knots, Armes,escocheons,beasts, birds, and other fancies.

19 To make bisket bread , otherwise called French bisket.

TAke hafse a pecke of fine flower, two ounces of Coriander seedes, one ounce of annis seedes, the whites of foure egges, halfe a pinte of Ale yeast, and as much water as will make it vp into stiffe past, your water must be but blood warme, then bake it in a long roll as big as your thigh, let it stay in the ouen but one houre, and when it

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it is a day olde, pare it and slice it ouerthwart, the sugar it ouer with fine poudred sugar, and so drie it in an ouen againe, and being drie, take it out & sugar it againe, then boxe it, and so you may keepe it all the yeare.

20 *To make prince bisket,*

Take one pound of verie fine flower, and one pound of fine sugar, and eight egges, and two spoonfulls of Rosewater, and one ounce of carroway seeds, and beat it all to batter one whole houre, for the more you beat it, the better your bread is, then bake it in cofins of white plate, beeing basted with a little butter before you put in your batter, and so keepe it.

21 *To make another kinde of bisket cal-
led biskettello.*

Take halfe an ounce of gumme Dragagant, dissolved in Rose-water

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Rosewater with the iuice of a Lemmon and two graines of muske, then straine it through a faire linnen cloth with the white of an egge, then take halfe a pound of fine sugar beeing beaten, and one ounce of carroway seedes, beeing also beaten and searced, and then beate them altogether in a mortar till they come to paste, then roll them vp in small loaues about the bignesse of a small egge, put vnder the boitome of euery one, a peece of a wafer, and so bake them in an ouen vpon a sheete of paper, cut them on the sides as you doe a manchet, and prick them in the middest: when you breake them vp, they will be hollow and full of eies.

22 To make Ginger bread.

T A K E three stale Manchets and grate them, drie them, and list them through a fine sieue, then adde

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adde vnto them one ounce of ginger
beeing beaten, and as much Cina-
mon, one ounce of liquorice and an-
niseedes being beaten together and
searced, halfe a pound of sugar, then
boile all these together in a posnet,
with a quart of claret wine till they
come to a stiffe paste with often stir-
ring of it; and when it is stiffe, mold
it on a table and so drie it thin, and
print it in your moldes, dust your
moldes with Cinnamon, Ginger, and
liquorice, beeing mixed together in
fine powder. This is your Ginger
bread vsed at the Court, and in all
gentlemens houses at festiuall times.
It is otherwylle called drie Leach,

23 To make drie Gingerbread.

TAKE halfe a pound of Al-
monds & as much grated cake,
nd a pounde of fine Sugur, and
the yolke of two new laid egges, the
juice

The Arte of preseruing,

iuice of a Lemmon, and 2. graines
of muske, beate all these together
till they come to a paste, then print
it with your moldes, and so drie it
vpon papers in an ouen after your
bread is drawne.

24 *To make puffe paste.*

Take a quart of the finest flower
and the whites of three egges,
and the yolkes of two, and a little
colde water, and so make it into
perfet paste, then driue it with a
rouling pin abroade, then put on
small peeces of butter as big as
Nuts vpon it, then folde it ouer,
then driue it abroade againe, then
put small peeces of butter vpon it
as you did before, doe this tenne
times, alwaies folding the paste
and putting butter betweene euer
rie folde. You may conuay anie
prettie forced dish, as Florentine,
Cherry taite, rice, or pippins, &c.
betweene two sheets of that paste.

To

Conseruing, candying, &c.

25 *To make paste short without butter.*

Take a quart of fine flower, and put it into a pipkin, and bake it in an ouen when you bake manchet, then take the yolkes of 2. or three eggs, and a pinte of creame, & make paste, put into it two ounces of sugar beeing finely beaten, and so you shall make your paste short without butter or sewet. In like sort when you make sugar cakes bake your flower first.

26 *To make crystall gelly:*

Take a knockle of veale, and two calves feete (your calves feete beeing slayed & scalded) and boile them in faire spring water, and when they are boyled readie to eat, you may lue your flesh & not boyle it to pecces, for if you doe so, the gelly will looke thicke, then take a quart of the clearest of

The Arte of prescrusing.

of the same broth, and put it into a posnet, adding thereunto Ginger, white pepper, 6. whole cloves, one nutmeg quartered, one graine of muske, put all these whole spices in a little bag, & boile them in your gellye, season it with four ounces of sugar candie, and three spoonfulls of Rosewater, so let it run through your gelly bag, and if you meane to haue it looke of an amber colour, bruise your spices, and let them boyle in your gelly loose.

27 To make Leach of Almonds.

TAke halfe a pound of sweete Almonds, & beat them in a mortar, then strayne them with a pint of sweete milke from the cow, then put vnto it one graine of muske, two spoonfulls of Rosewater, two ouances of fine sugar, the waight of three whole shillings of flinglasse that is very white,

a: d

conserving, candying, &c.
and so boile them, then let all runne
through a strainer, the may you slice
the same and so serue it.

28 To make Quidini of Quinces.

T A K E the kernells out of eight
great Quinces, and boile them in
a quart of spring water, till it come
to a pinte, then put into it a quarter
of a pinte of Rosewater, and one
pound of fine Sugar, and so let it
boile till you see it come to bee of a
deepe colour: then take a drop, and
drop it on the bottome of a lawcer,
and if it stand, take it off, then let it
run through a gelly bagge into a ba-
son, then set it on your basin vpon a
chafingdissi of coles: to keep it warm,
then take a spoone, and fill your
boxes as full as you please, and when
they bee colde couer them: and if
you plese to printe it in moldes,
you mu^t haue moldes made to the
bigness of your boxe, and wet your
moldes

C

moldes

The Arte of preseruing,
moldes with Rosewater, and so let
it run into your mold, and when
it is colde turne it off into your
boxes. If you wette your moldes
with water, your gelly will fall out
of them.

29 To make gelly of Strawberries, Mul-
berries, Raspberries, or any such ten-
der fruite.

Take your berries and grinde
them in an Alabaster mortar
with foure ounces of sugar and a
quarter of a pinte of faire water,
and as much Rosewater , and so
boile it in a posnet with a little
peece of I singlas , and so let it run
through a fine cloath into your
boxes, and so you may keepe it all
the yeare.

30. To make paste of Genua of Quinces.

Take Quinces and pare them,
and cut them in slices, & bake
them

conserving, candying, &c.

them in an ouen dry in an earthen pot without any other juice then their owne, then take one pound thereof, straine it, and put it into a stone mortar with halfe a pound of sugar, & when you haue beaten it vp to paste, print it in your molds and dry it three or foure times in an Ouen after you haue drawne bread, & when it is throughly drie and hardened, you may box it, & it will keepe all the yeere.

3 To make marmelade of Quinces or Damsons.

Vhen you haue boiled your Quinces or Damsons sufficientlē, straine them. then drie the pulpe in a pan on the fire, and when you see there is no water in it, but that it beginneth to bee sliffe, then mixe two pound of sugar with 3 pouid of pulp, this marmelade will be white marmelade: and if you will haue it looke with

C 2 an

The Arte of preseruing,

with an high colour , put your sugar and your pulpe together , so foone as your pulp is drawne , and let them both boile together , and so it will looke of the colour of ordinarie marmelade , like vnto a stewed warden , but if you dry your pulpe first , it will looke white and take lesse Sugar : you shall knowe when it is thicke enough , by putting a little into a sawcer , letting it coole before you boxe it .

32 *To make fuckets of Lettuce stalkes.*

TAKE Lettuce stalkes , and pill away the outside , then perboile them in faire water , then let them stand all night dry , then take halfe a pinte of the same liquor , and a quarter of a pinte of Rosewater , and so boyle it to sirrup , and when your sirup is betwixt hot and cold , put in your aforesaid rootes , and let them stand all night in your sirup to make them take sugar , and then

conserving, candying &c.

then the next day your sirup wil be
weake againe, then boile it againe,
and take out your rootes. In the
like sort may you keepe Orenge
pilles, or greeene walnutes, or anie
thing that hath the bitterness first
taken from it, by boiling in water.

33 To candie Nutmegs or Ginger, with
an hard rocke candie.

Take one pound of fine Sugar,
and eight spoonfulls of Rose-
water, and the waight of 6. pence
of Gum Arabique, that is cleere,
boyle them together to such an
height, as that droppingsom ther-
of out of a spoone, the sirup doe
riope and run into the smalnes of
an haire, then put it into an ear-
then pipken, wherein place your
nutmegs, ginger or such like, then
stop it close with a saucer, and lute
it well wirth clay, that no ayre may
enter, then keepe it in a hote place
three weekes, and it will candie.

C 3 hard

The Arte of preseruing,

hard. You must breake your pot
with an hammer, for otherwise you
cannot get out your candie. You
may also candy Orenges, or Lem-
mons in like sort if you please.

34 *To preserue Orenges after the Por-
tugali fashion.*

TAKE Orenges & coare them on
the side and lay them in water,
then boile the in fair water til they
be tender, shift them in the boiling
to take away their bitternesse, then
take sugar & boile it to the height
of sirup as much as will couer
them, and so put your Orenges in-
to it, and that will make them take
sugar. If you haue 24. Orenges,
beate 8. of them till they come to
paste, with a pounde of fine Sugar,
then fill evey one of the other O-
renges with the same, and so boile
them againe in your sirup : then
there will bee marmelade of O-
renges within your Orenges, and
it will cut like an hard egge.

35 *To*

conseruing, candizing, &c.

35 To candie Orenge pilles.

Take your Orenge pilles after they be preferued, then take fine sugar and Rosewater, and boile it to the height of *Manus Christi*, then drawe through your Sugar, then lay them on the bottome of a sieue, and dry them in an ouen after you haue drawne bread, and they will be candied.

36 To preserue Cowcumbers all the yeere.

Take a gallon offaire water, & a pottle of veriuce, and a pint of bay salt, and a handful of greene fennell or Dill:boile it a little, and when it is cold put it into a barrel, and then put your Cowcumbers into that pickle, and you shal keep them all the yeere.

C 4

37 To

The Arte of preseruing.

37 To preserue broome capers all the
yeare.

B Oyle a quart of Veriuice and
Ban handfull of bay salte , and
therin you may keep them all the
yeare.

38 To colour sugar plate with severall
colours.

YOu may mixe Roset with your
fine sacred sugar vntill the co-
lour please you , and so shall you
haue a faire murrey colour . Sap-
greene must be tempred in a little
Rosewater , hauing some gumme
first dissolued therein , and so lay
it on with a pensill vpon your palte
in apt places . With Saffron you
may make a yellow colour in the
like manner , first drying and pow-
dering your Saffron , and after it
hath coloured the Rosewater suf-
ficiently , by straining it through
fine linnen . The powder of Cina-
mon ,

Conseruing, candying, &c.
mon maketh a walnut colour, and
Ginger and Cynamon together a
lighter colour.

39 *To make tresses for the sea.*

First make paste of sugar & gum dragagant mixed together, the mix therewith a reasonable quantitie of the pouder of cynamon and ginger; and if you please a little muske also, and make it vp into rols of seuerall fashions, gilding them heere and there. In the same manner you may also conuey any purgatiue, vomitor other medecine into sugar paste.

40. *To make paste of Violets, Roses, Marigolds, Cowslips, or licorice.*

Shred, or rather powder the dry Sleaues of your flower, putting thereunto some fine powder of Ginger, Cynamon, and a little muske if you please, mixe them all

C 5. con-

The Arte of preseruing,
confusedly together, then dissolute
some sugar in Rosewater, and be-
ing boyled a little, put some saffron
therein, if you worke vpon Mari-
golds, or else you may leauue out
your saffron, boile it on the fire
vnto a sufficient height, you must
also mixe therewith the pappe of a
roasted apple being first well dried
in a dishe ouer a chafingdish of
coales, then poure it vpon a tren-
cher, beeing first sprinkled ouer
with Rosewater, and with a knife
worke the paste together. Then
breake some sugar candy smal, but
not to powder, and with gumme
Dragagant, fasten it heere and
thereto make it seeme as if it were
roche candied, cut the paste into
peeces of what fashio you list with
a knife first wet in Rosewater. In
licorice paste you must leauue cut
the pap of the pippin, and then
worke your paste into drie rolles.
Remember to searce the licorice
through a fine searce. These rolles
are

Conseruing, candying, &c.
are very good against any cough
or colde.

41 *To make marmelade of Lemmons
or Orengeſ.*

Take ten Lemmons or orengeſ
& boile them with halfe a dozen
pippins, and ſo drawe them
through a ſtrainer, then take ſo
much ſugar as the pulp doth weigh,
and boile it as you do Marmelade
of Quinceſ, and then boxe it vp.

42 *How to candie Nutmegs, Ginger,
Mace & flowers, in halfe a day, with
honey or Roche candie.*

Lay your Nutmegs in ſteepe in
common Lee made with ordinarie
ashes 24 houres; take them
out and boile them in faire vwater
till they be tender, and ſo take out
the Lee: then dry them and make
a ſirup of double refined ſugar and
a little Rosewater to the height
of

The Arte of preseru ng,

of a mannes Christi, place this sirrup
in a gentle Balneo, or some small
heate, putting your Nutmegs ins-
to the sirrup. Note that you must
skim the Sugar as it casterh anie
skumme, before you put in your
Nutmegs, then hauing sugar can-
die first bruised grossely, and sear-
ced through colanders of severall
bigness, take the smallest thereof,
and roule your Nutmegs vp and
downe therein, either in a dish or
vpon cleane paper, then stoue your
Nutmegges in a cupboard with a
chafingdish of coales, which must
bee made hote of purpose before
you set them in: and when they
are drie enough, dip them againe
in fresh sirup boiled to his height
as before; and roule them in the
grossier sugar candie. & then stoue
them againe till they be hard, and
so the third time if you will in-
crease their candie. Note that
you must spend all the sugar which
you dissolve at one time with can-
dying

conserving, candying, &c.

dying of one thing or other there-in presently : the stronger that your Lee is, the better; & the Nutmeg, ginger, &c. would ly in steep in the Lee, 10. or 12. daies, and after in the sirup of sugar in a stoue or Cupboarde with a chafingdish and coales one whole weeke , and then you may candie them sud-denly, as before. Flowers & fruits are done presently without anie such steeping or stouing as before: onely they must bee put into the stoue after they are coated with your powdered sugar candie: and those flowers of fruits as they are sodainely done, so they wil not last aboue two or three daies faire, and therefore onely to be prepared for some set banquet.

34 Casting of sugar in party moldes
of wood.

Lay your moldes in faire water
three or four hours before
you

The Arte of preseruing,

you cast, then dry vp your inward moisture vwith a cloth of linnen, then boile rosewater & refined sugar together, but not to any great stiffenesse, then poure it into your moldes, let your moldes stand one houre, and then gently part or open the moldes, and take out that which you haue cast: you may also worke the paste *ante num ro 12. 13.* into these moldes, first printing or pressing gentle a little of the paste into the one halfe, and after with a knife , taking away the superfluous edges , and so likewise of the other halfe: then preſſe both ſides of the mold together, two or three times, & after take away the creſt that will arife in the middeſt: and to make the ſides to cleave together, you may touch the firſt ouer with Gum Dragagant diſſolued , before you preſſe the ſides of the mold together: note that you may conuey comfits within, before you close the ſides. You may cast of any

Conseruing, candying, &c.

any of these mixtures or pastes in
alabaster molds, molded from the
lite.

44 To mold of a lemmone, orange, pear,
Nut, &c. and after to cast it hollow:
within, of sugar.

Fill a wooden platter halfe full
of sande, then presse downe a
Lemmon, pear, &c. therein to the
iust halfe thereof, then temper
some burnt Alabaster with faire
water in a stone or copper dish, of
the bignesse of a great siluer boll,
and cast this pap into your sande,
and from thence clap it vpon the
Lemmon, Peare, &c. pressing
the pap close vnto it. Then after
a while take out this halfe parte
with the Lemmon in it, and pare
it euен in the insides as neere as
you can, to make it resemble the
iust halfe of your Lemmon, then
make 2 or 3 little holes in the halfe
(viz. in the edges therof) laying it
downe in the sande againe, and so
catt

The Arte of preseruing.

cast another halfe vnto it, then
cut off a peice of the top of both
your partie moldes, & cast thereto
another cap in like manner as you
did before. Keep these three parts
bound together with tape till you
haue cause to vse them : and be-
fore you cast, lay them alwaies in
water, and drie vp the water again
before you poure in the Sugar.
Colour your Lemmon with a lit-
tle Saffron steeped in Rosewater:
vse your Sugar in this manner :
Boile refined or rather double re-
fined Sugar and Rosewater to his
full height, *viz.* till by powring
some out of a spoone, it will runne
at the last as fine as a hair; then ta-
king off the cappe off your molde,
poure the same therein, filling vp
the molde aboue the hole, and pre-
sently clap on the cap, and prestle
it downe vpon the Sugar, then
swing it upp and downe in your
hande, turning it founde, and
bringing the neather parte some
times

conserving, candying &c.

times to bee the vpper part in the turning, and e conuersa. This is the manner of vsing an Orenge, Lemmon, or other round molde: but if it be long as a pigs foot will be, being molded, then roule it, and turne it vp and downe long waiis in the ayre.

45 How to keepe the dry pulpe of Cherries, prunes, Damsons, &c. all the yeare.

TAKE of those kinde of cherries which are sharp in taste (Quere if the common blacke and reade cherrie will not also serue, hauing in the ende of the decoction a little oyle of Vitrioll or Sulphur, or some veriuice of soure grapes, or iuice of Lemmons mixed there with to give a sufficient tartnesse) pull of their stalks and boile them by themseues without the addition of any liquor in a caldron or pipkin, and when they begin once

The Arte of preseruing,

once to boile in their owne iuice,
stir them hard at the bottom with
a spattle,lest they burn to the pans
bottom. They haue boiled suffici-
ently, when they haue cast off all
their skins , and that the pulp and
substance of the cherries is grown
to a thicke pap : then take it from
the fire , and let it coole , then di-
uide the stones and skins , by pas-
sing the pulpe onely through the
bottome of a strainer reverled as
they vse in *cassia fistula*,then take
this pulpe and spread it thin vpon
glazed stones or dishes, and so let
it drie in the sunne , or else in an
ouen presently after you haue
drawne your bread , then loose
it from the stone or dish, and keep
it to prouoke the appetite , and to
coole the stomacke in feuers, and
all other hote disease. Proue the
same in all manner of fruit. If you
feare aduision in this worke,you
may finish it in hote balneo.

46 How

conserving, candying, &c.

46. How to dry all manner of plums or
Cherries in the sunne.

If it be a small fruit, you must dry them whole, laying them abroad in the hote sunne, in ston or pewter dishes, or iron or brasse pans, turning the as you shall see cause. But if the plum be of any largenes, slit each plumme on the one side from the top to the bottome, and then lay them abroad in the sunne, but if they be of the biggest sort, then giue either plum a slit on ech side: and if the sunne do not shine sufficiently duriing the practise, then drye them in an ouen that is temperately warme.

42 How to keepe apples, peares, quinces,
wardens, &c. all the yeare drie.

Pare them, take out the coares,
and slice them in thinne slices
lay-

The Arte of preserving,
laying them to drie in the Sunne in
soc stone or metalline dishes, or vp-
on a high frame couered with course
canvas, now and then turning them,
and so they will keepe all the yeare.

48 *To make greene Ginger
vpon sirup.*

TAKE Ginger one pound, pare it
cleane, steepe it in red wine and
vinegar equally mixed. let it stand so
12 daies in a close vessele, and euerie
day once or twice stir it vp & downe,
then take of wite one gallon, and of
vinegar a pottle, seeth altogether to
the cōsumption of a moitie or halfe,
then take a pottle of cleane clarified
honey or more, and put thereunto,
and let them boyle well together,
then take halfe an ounce of Saffron
finely beaten, and put it thereto with
some sugar if you please.

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conserving, candying, &c.

49 To make sucket of greene
Walnuts.

Take Walnuts when they are no
bigger then the lrgest hasill
nut, pare awaye the vppermost
greene, but not too deepe, then
leeth them in a pottle c f water till
the water bee sodden away, then
take so much more of fresh water,
and when it is sodden to the halfe,
put thereto a quart of vinegar and
a pottle of clarified honie.

50 To make conserve of prunes or
Damsons.

Take ripe Damsons, put them
into scalding water, let them
stand a whiile, then boile them o
uer the fire till they breake, then
straine out the water through a
colander, and let them stand ther
in to coole, then straine the dam
sons through the colander, taking
away

The Arte of preseruing.

away the stones and skinnes, then set the pulpe ouer the fire againe, and put thereto a good quantitie of red wine, and boile them wel to a stiffenesse, euer stirring them vp and downe, and when they be almost sufficiently boyled , put in a conuenient proportion of sugar: stir all well together, and after put it in your gally pots.

51. *To make conserve of strawberries.*

First seeth them in water , and then cast away the water , and straine them , then boyle them in white wine, and worke as before in damsons, or else straine them being ripe, then boyle them in wine and sugar till they be stiffe.

52 *Conserve of prunes or Damsons made another way.*

TAKE a pottle of damsons, pricke them and put them into a pot,
put -

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putting thereto a pinte of Rosewa-
ter or wine, and couer your pot,
let them boile well, then incorpo-
rate them by stirring, and when
they be tender let them coole, and
straine them with the liquor also,
then take the pulpe and set it ouer
the fire, and put thereto a suffici-
ent quantitie of Sugar, and boile
them to their heighth or consisten-
cie, and put it vp in gally pots, or
iatre glasses.

53 *How to candie Ginger, Nutmegs, or
any Roote or flowers.*

TAKE a quarter of a pounde of
the best refined sugar, or sugar
candie which you can get, pow-
der it, put thereto two spoonfulls
of Rosewater, dip therein your
Nutmegs, ginger, rootes, &c. be-
ing first sodden in faire water till
they bee soft and tender, the oft-
ner you dip them in your sirrup,
the thicker the candie will bee,
but

The Arte of preserving,

but it will be the longer in candying:
your sirup must be of such stiftenesse,
as that a drop thereof being let fall
vpon a pewter dish, may congeale
and harden beeing cold. You must
make your sirup in a chafingdish of
coales, keeping a gentle fire: after
your sirup is once at his full heighth,
then put them vpon papers present-
ly into a stoue or indishes, continue
fire some ten or twelue daies, till you
 finde the candie hard and glistening
like diamonds; you must dippe the
red rose, the gillow flower, the mari-
gold, the borrage flower, and all o-
ther flowers but once.

24 *The arte of comfetmaking, teaching
how to cover all kinds of seeds, fruits
or spices with sugar.*

First of all you must haue a deepe
bottomed balon of fine cleane
brasse or latton, with two eares of
Iron to hang it with two leuerall
cordes

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cordes ouer a balon or earthen pan
with hote coales.

You must also haue a broad pan
to put ashes in, and hot coales vpon
them.

You must haue a cleane latton ba-
son to melt your sugar in, or a faire
brazen skillet.

You must haue a fine brasen
ladle, to let run the Sugar vpon the
seedes.

You must also haue a brasen
scace, to scrape away the sugar from
the hanging balon if neede re-
quire.

Hauing all these necessarie ves-
sels and instruments, worke as fol-
loweth.

Choose the whitest, finest, and
hardest Sugar, and then you neede
not to clarifie it, but beate it onelie
into fine powder that it may dissolue
the sooner.

But first make all your seedes ve-
ry cleane, and dry them in your han-
ging balon.

D

Take

The Arte of preserving,

Take for euery two pound of sugar, a quarter of a pound of annis seedes, or coriander seedes, and your comfits wil be great enough, and if you will make them greater, take halfe a pound more of sugar, or one pound more, and then they will be faire and large.

And halfe a pound of Annis seeds, with two pound of sugar will make fine small comfits.

You may also take a quarter and a halfe of annis seedes, and three pound of sugar, or halfe a pound of annis seedes and foure pound of sugar. Do the like in Coriander seedes.

Melt your sugar in this maner, *viz.* Put three pounds of your powder sugar into the bason, and one pinte of cleane running wa-
ter thereunto, stirre it well with a brasen slice, vntill all be moist and well wet, then set it ouer the fire, without smoke or flame, and melt it well, that there bee no whole
grif-

conserving, candying, &c.

gristie sugar in the bottome, and let it seeth mildly, vntill it will streame from the ladle like Turpentine, with a long streame and not drop, then it is come to his decoction, let it seeth no more, but keep it vpon hote imbers that it may run from the ladle vpon the seeds.

To make them speedily. Let your water be seething hot, or seething, and put powder of Sugar vnto them, cast on your Sugar boiling hote: haue a good warme fire vnder the hanging bason.

Take as much water to your sugar, as will dissolute the same.

Neuer skim your sugar if it bee cleane and fine.

Put no kinde of starch or Amylum to your sugar.

Seeth not your Sugar too long, for that will make it black, yellow, or tawnie.

Moue the seeds in the hanging bason as fast as you can or may.

D 2 when

The Arte of preserving,
when the sugar is in casting.

At the first coate put on but one halfe spoonfull with the ladle , and all to moue the bason,moue, stirre and rubbe the seedes with thy left hand a pretty while , for they will take sugar the better, & dry them well after euery coate.

Doe this at euery coate, not on-
ly in mouing the bason , but also
with the stirring of the comfits
with the left hand and drying the
same : thus dooing you shall make
great speed in the making:as,in e-
uerie three hours you may make
three pound of comfits.

And as the comfits doe increase
in greatness, so you may take more
Sugar in your ladle to cast on. But
for plaine comfits let your Sugar
be of a light decoction last , and of
a higher decoction firt , and not
too hote.

For crispe and ragged comfits ,
make your sugar of a high decoc-
tion, euен as high as it may run
from

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from the ladle, and let fall a foote high or more from the ladle, and the hoter you cast in your sugar, the more ragged will your comfets be. Also the comfets will not take so much of the sugar as they will vpon a light decoction, and they will keepe their raggednesse long. This high decoction must serue for eight or ten coats in the end of the worke, and put on at euery time but one spoonfull, and haue a light hand with your bason, casting on but little sugar.

A quarter of a pound of Coriander seeds, and three pounds of sugar will make great, huge, and big comfets.

See that you keepe your Sugar alwaies in good temper in the bason, that it burne not into lumpes or gobbes: and if your sugar bee at any time too high boiled, put in a spoonfull or two of water, and keepe it warily with the ladle, and let your fire alwaies bee without

D 3

smoke

*The Arte of preseruing,
smoke or flame.*

Some commende a ladle that hath a hole in it to let the Sugar run through of a height: but you may make your comfites in their perfect forme and shape only with a plaine ladle.

When your comfites bee made, set your dishes with your comfites upon papers in them before the heat of the fire, or in the hot sun, or in an Ouen after the bread is drawne, by the space of an houre or two, and this will make them very white.

Take a quarter of a pound of Annis seedes, and two pound of Sugar, and this proportion will make them verie great, and euen a like quantitie take of Carroway seede, Fennell seede, and Corander seede.

Take of the finest Cynamon, and cut it into prettie small sticks beeing drye, and beware you wette it not, for that deadeth the

Conserning, candying, &c.

the cinamon, and then work as in other comfits. Doe this with O-renge rindes likewise.

Worke vpon ginger, cloues, and Almonds, as vpon other seeds.

The smaller that Annis seede comfits be, the fairer, the harder, and so in all other.

Take the powder of fine Cina-mon two drammes, of fine muske dissoluued in a little water one scruple, mingle these altogether in the hanging bason, and east them vpon Sugar of a good decoction, then with thy leſt hand moue it to and fro, and dry it wel, doe this often, vntill they bee as great as poppie seedes, and giue in the ende three or foure coates of a light decoction, that they may be round and plaine, and with an high decoction you maie make them crisper.

You must haue a course ſearce made for the purpose with hayre or with parchment full of holes to

The Arte of preserving,
part and diuide the comfets, into
seuerall sorts.

To make paste for comfets. Take
fine grated bread foure ounces,
fine elect Cynamon powdred halfe
an ounce, fine ginger powder one
dramme, saffron powdred, a little,
white sugar two ounces, & a fewe
spoonfulls of borage water, seeth
thewater and the sugar together,
and put to the Saffron, then firt
mingle the crummes of bread, and
the spices wel together, dry them,
put the liquor scalding hote, vpon
the stufse, and beeing hote labour
it with thy hand, and make balles
or other formes thereof, dry them
and couer them as comfets.

Coriander seedes two ounces,
sugar one pound and a halfe, ma-
keth verie faire comfets.

Annis seedes three ounces, Su-
gar halfe a pound, or annis seedes
two ounces, and sugar 6 ounces,
will make faire comfets.

Euerie dram of fine Cynamon ,
will

conserving, candying, &c.
will take at the least a pound of sugar for biscuits, and likewise of sugar or ginger powder.

Halfe an ounce of grosse Cinnamon wil make almost three drams of fine powder searced, after it is well beaten.

Sugar powder one ounce will take at the least a pound of Sugar to make your biscuits faire.

Carrowaies will be faire at 12. coates.

Put into the sugar a little Amylum disfolued for fие or six of the last coates , and that will make them exceeding crisper: and if you put too much Amylum or starch to the comfits which you would haue crisper , it will make them flat and smooth.

In any other confection of pasted Sugar mixed with gum Dragagant, put no kinde of Amylum: beware of it, for it will make thy worke clammie.

To make red comfets, seeth three

D^s or

The Arte of preseruing,

or soure ounces of braseil with a
little water, take of this red water
4. spoonfulls, of sugar one ounce,
and boile it to his decoction, then
giue 6. coates and it will bee of
good colour, or else you may turne
so much water with one dram of
turnesole, doing as before.

To make greene comfits, seeth
sugar with the juice of beets.

To make them yellow, seeth saffron
with sugar.

In making of comfets, alwaies
when the water doth seeth, then
put in your Sugar powder, and let
it seeth a little vntill it bee cleane
dissolued and boiled to his per-
fect decoction, and that the white-
ness of the colour be cleane gone,
and if you let it settle, you shal see
the sugar somewhat cleare.

For biscuits take two spoonfulls
of liquor, of Sugar searced in a
course searce one dram, and of su-
garpowder to be melt and cast one
ounce. This done will make the
biscuits

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biskets somewhat faire, and some-
what greater then poppie seeds.

Alter. Take sugar powder four
drams, sugar to cast soure ounces
with liquor sufficient, lay golde or
siluer on your comfits.

Euery dram of sugar powder
will take an ounce of sugar to bee
cast. 8 drammes make one ounce.
To thus much powder for biskets
take halfe a pound of sugar to cast
thereon.

Coriander seedes a quarter of
a pound, sugar 3. pound, Corian-
der seedes halfe a pound, sugar 3.
drams will make faire comfits.

For biskets, Annis seedes halfe
a pound, Fennell seedes a quarter
of a pound, and sugar two pound
sufficeth.

In sixe or eight of the last coats
put in two spoonfulls of sugar ve-
rie hote to make them crisper.

To one pound of sugar take 9.
ounces of water.

The Arte of preseruing,

35 To make a cullis as white as snowe,
and in the nature of gellie.

Take a cocke, scalde, wash and draw him cleane, seeth it in white wine or thenish waine, skum it cleane, clarifie the broth after it is strained, then take a pinte of thicke & sweet creame, straine that to your clarified broth, and your broth will become exceeding faire and white: then take powdred ginger, fine white sugar and Rosewater, seething your cullis when you sealon it, to make it take the colour the better.

36 To make Wafers.

Take a pinte of flowre, put it into a litile creame with two yolkes of egges and a litile rosewater, with a litile searcid Cinamon and Sugar, worke them altogether and bake the paste vpon hote Irons.

57 To

Conseruing, candying, &c.

57 To make Almond butter.

Blanch your almonds, and beat them as fine as you can with faire water, two or three houres, then straine them through alinnen cloth, boile them with Rosewater whole mace and annis seedes, till the substance bee thicke : spread it vpon a faire cloth, dreining the whey from it, after let it hang in the same cloth some fewe houres, then straine it and season it with Rosewater and sugar.

58 A white gelly of Almonds.

TAKE Rosewater, gum Dragan-
gant dissolued, or Isinglassie
dissolued, and some Cinamon
grossely beaten, seeth them alto-
gether, then take a pound of al-
monds, blanch and beate them
fine with a little faire water, drie
them in a faire cloth ; and put
your

The Arte of preserving.

your water aforesaid into the Almonds , seeth them together and stir them continually , then take them from the fire, when all is boyled to a sufficient height.

59 To make Leach.

Seeth a pinte of Creame , and in the seething put in some dissolved Isinglas, stirring it vntill it be verie thicke, then take a handfull of blanched Almonds, beat them and put them in a dish with your Creame , seasoning them with sugar, and after slice it and dish it.

60 Sweet Cakes without eyther spice
or sugar. Art. 16.

Scrape or wash your Parsneps cleane , slice them thinne , dry them vpon Canuas or networke frames, beat them to powder mixing one third thereof with two thirds

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thirds of fine wheate flower, make
vp your paste into coates, and you
shall finde them very sweet and de-
licate.

*61. Roses and Gilliflowers
kept long.*

COuer a Rose that is fresh, and
in the bud, and gathered in a
faire day after the dewe is ascen-
ded, with the whites of egges well
beaten, and presently strew theron
the fine powder of searced Sugar,
and put them vp in luted pots, set-
ting the pots in a coole place in
sand or grauell. With a fillip at a
ny time you may shake off this in-
closure.

63. Grapes growing all the year.

PUT a Vine stalke through a
Basket of earth in December,
which is likely to beare Grapes,
that

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that yeare, and when the grapes are ripe, cut off the stike vntier the basket (for by this time it hath taken roote) keepe the basket in a warme place, and the grapes will continue fresh and faire a long tyme vpon the vine.

63 *How to drie Rose leaues, or any other single flower without wrinkling:*

IF you woulde performe the same well in rose leaues, you must in rose time make choise of such roses as are neither in the bud, nor full blowne (for these haue the smoothest leaves of all other) which you must especially cull and choose from the rest. Then take right Callis sand, washe it in some change of waters, and drie it throughly well, either in an ouen, or in the sunne; and hauing shallow square or long boxes of 4. 5. or 6 inches deepe, make first an euene laie of sand in the bottome, vpon the

which

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which lay your rose leaues one by
one (so as none of them touch o-
ther) till you haue couered all the
sand, then strowe sand vpon those
leaues till you haue thinly coue-
red them all, & the make another
lay of leaues as before, and so lay
vpon lay, &c. Set this box in some
warme place in a hote sunnie day,
(and commonly in two hote sun-
nie dayes they will bee through-
dry) then take them out carefully
with your hand without breaking.
Keefe these leaues in lare glasses
bound about with paper neere a
chimney, or stoue, for feare of re-
lenting. I finde the red rose leate
best to be kept in this manner; also
take away the stalkes of pansies,
stocke gilliflowers, or other single
flowers, pricke them one by one
in sande, pressing downe their
leaues smooth with more sande
laid eveniy vpon them. And thus
you may haue Rose leaues, and
other flowers to laie abour your
ba-

The Arte of preseruing,
basons, windows, &c. al the winter
long. Also this secret is verie re-
quisite for a good simplifier, be-
cause hee may dry the leafe of any
hearbe in this manner, and lay it
being drie in his Herball with the
simple which it represēteth. wher-
by hee may easily learne to knowe
the names of all simples which he
desireth.

64 *Clusters of Grapes kept till Easter.*

Clusters of grapes hanging vp-
on lines within a close presse
will last till Easter. If they shrinke
you may pluimpe them vpp with a
little warme water before you eat
them. Some vse to dip the endes
of the stalkes first in pitch: some
cut a branch of the Vine with eue-
rie cluster, placing an apple at
each end of the branch: now and
then renewinge those Apples as
they rot, and after hanging them
within a presse or cupboard, which
would

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would stand in such a room (as I suppose) where the grapes might not freeze: for otherwise you must bee forced now & then to make a gentle fire in the roome, or else the grapes will rot and perish.

65 How to keepe Walnuts a long time
plumpe and fresh.

Make a lay of the drie stampings of crabbs when the verjuice is pressed from them, couer that lay with Walnuts, and vpon the make another lay of stampings, and so one lay vpon another til your vessell be full wherein you meane to keepe them. The Nuts thus kept will pill as if they were new gathered from the tree.

66 An excellent conceit vpon the ker-nels of drie Walnuts.

Gather not your Walnuts before they be full ripe, keep them without

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out any Art vntill Newyeres tide,
then breake the shelles carefully, so
as you deface not the kernells (and
therefore you must make choise of
such nuts as haue thin shels) what-
soeuer you finde to come away eas-
ily, remoue it : sleepe these kernells
in conduit water, forty eight houres,
then will they swell and grow verie
plumpe and faire, and you may pill
them easily , and present them to a
ny friend you haue for a Newyeares
gift: but beeing pilled, they must be
eaten within two or three houres, or
else they lose their whitenes and
beautie, but vpilled they will last
two or three dayes faire and fresh.
This of a kind Gentlewoman, whose
skil I do highly commend, & whose
case I doe greatly pitie; such are the
hard fortunes of the best wits and
natures in our daies.

67 How to keepe Quinces in a most ex-
cellent manner.

Follow this queene for her waye

BO Make

Conserwing, candying, &c.

Make choise of such as are sound, & gathered in a faire, dry and sunnie day, place them in a vessell of wood, containing a firkin or thereabout, then couer them with peny ale, and so let the rest: and if the liquor carrie anie bad scum, after a day or two take it off, euerie 10. or 12. daies let out your peny ale at a hole in the bottome of your vessell, stop the hole and fill it vp againe with fresh peny ale, you may haue as much for two pence at a time as will serue for this purpose: these Quinces beeing baked at Whitsontide did taste more daintily then any of those which are kept in our vsuall deco&tions or picke ls.

Also if you take white wine Lees that are neat (but then I feare you must get them of the Marchant, for our Tauerne doe hardly af foord any) you may keepe your Quinces in them very faire and fresh all the yeere, & therein may you

The Arte of preseruing,
you also keep your barberies both
full and faire coloured.

68 Keeping of Pomegranats.

Make choise of such Pomgr-
nates as are sound and not
prickt as the tearme it, lap them
ouer thinly with wax, hang them
vpon nails, where they may touch
nothing, in some cupboard or clo-
set in your bedcháber, where you
keep a continuall fire, and eueiy 3.
or 4. daies turn the vndersides vp
permost, & therefore you must so
hang them in packthred, that they
may haue a bowe knot at either
end This way Pomgranates haue
beene kept fresh till Whitsontide.

69 Preseruing of Artichoaks.

Cut off the stalkes of your Ar-
tichokes within two inches
of the Apple, and of all the rest of
the stalkes make a strong decora-
tion

concerning candying, &c.

tion, slicing them into thinne and small peeces, and keepe them in this decoction: when you spend them, you must lay them first in warme water, and then in colde, to take away the bitterness of thē. This of M. Parsons, that honest and painefull practicer in his profession.

In a mild & warme winter about a moneth or three weekes before Christmas, I caused great store of Artichokes to bee gathered with their stalkes in their full length as they grew, and making first a good thicke lye of Artichoke leaues in the bottome of a great and large vessell I placed my Artichokes one vpon another as close as I could couch them, cowering them ouer of a pretty thicknesse with Artichoke leaues: these Artichokes were serued in at my table all the Lent after, the apples being red and sound, or ly the tops of the leaues a little vaded, which

*The Arte of preseruing,
I did cut away.*

70 *Fruit preserued in pitch.*

Dwayberries that doe somewhat
resemble blacke cherries, called
in Latine by the name of *Solanum le-*
thalæ, being dipped in molten pitch,
being almost cold, and before it con-
geale and harden againe, and so hung
up by their stalkes, will last a whole
yeare. *Probatum per M. Parsons, the
Apothecarie.* Prooue what other
fruites will also bee preserued in this
manner.

71 *To make Cloue or Cynamon Sugar.*

Lay peeces of sugar in close boxes
amongst stickes of Cynamon,
cloues, &c and in a short time it will
purchase both the gatte and sent of
the spice. *Probat. in cloues.*

72 *Hafell*

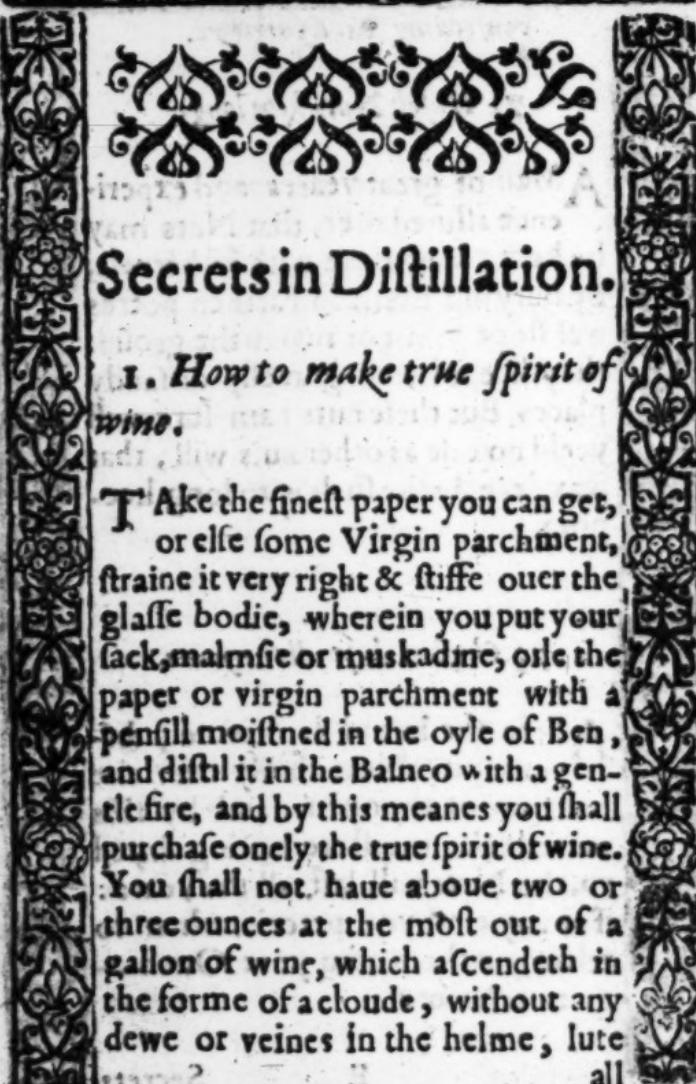
concerning candying &c.

72 Hasell Nuts kept long.

A Man of great yeares and experie-
nce assured mee, that Nuts may
be kept a long time with ful kernels,
by burying them in earthen pottes
wel stopt a foot or two in the groûd:
they keepe best in grauelly or sandy
places. But these nuts I am sure will
yeeld no oile as other nuts will, that
wax drye in the shels with long kee-
ping.

73 Chesnuts kept all the yeare.

A Frer the bread is drawne, dis-
perse your Nuts thinly ouer the
bottome of the ouen, and by this
meanes the moisture beeing dried
vp, the Nuts will last all the yeare:
if at any tyme you perceiue them to
relent, put them into your Ouen a-
gaine as before.



Secrets in Distillation.

I. How to make true spirit of wine.

TAKE the finest paper you can get, or else some Virgin parchment, straine it very right & stiffe ouer the glasse bodie, wherein you put your sack, malmsie or muskadine, oile the paper or virgin parchment with a pensill moistned in the oyle of Ben, and distil it in the Balneo with a gentle fire, and by this meanes you shall purchase onely the true spirit of wine. You shall not haue above two or three ounces at the mdst out of a gallon of wine, which ascendeth in the forme of a cloude, without any dewe or veines in the helme, lute

all

Secrets in Distillation.

all the ioints well in this distillation.
This spirit will vanish in the ayre , if
the glasse stand open.

2, How to make the ordinarie spirit of
wine, that is solde for fise shillings, &
a noble, a pinte.

P Ut sacke, malmesie, or musk-
dine into a glasse body, leauing
one third or more of your glasse
empty, set it in balneo, or in a pan of
ashes, keeping a soft and gentle fire,
draw no longer then till all or most
part will burne away, which you may
proue now and then, by letting a
spoonesfull thereof en fire with a pa-
per as it droppeh from the nose or
pipe of the lieutne, and if your spirit
thus drawn haue any phlegme ther-
in, the rectifie or redistil that spirit a-
gaine in a lesser body, or in a bottle
ceiuier in ded of another body, luting
a small head on the top of the steele

E 2 there-

Secrets in Distillation.

thereof, and so you shall haue a verie strong spirit, or else for more expedition, distill fve or sixe gallons of wine by a Lymbecke; and that spirit, which ascendeth afterward, redistill in glasse as before.

3 Spirits of Spices.

Distill with a gentle heat either in balneo, or ashes, the strong and sweete water, wherewith you haue drawen oile of cloves, mace, nutmegs, Juniper, Rosemarie, &c. after it hath stooode one moneth close stopt, and so you shall purchase a most delicate Spirit of each of the said aromaticall bodies.

4 Spirit of wine tasting of what vegetable you please.

Macerate Rosemarie, Sage, Sweet Fennell seedes, Marjoram, Lemon or Orenge pils, &c. in

Secrets in Distillation.

in spirit of wine a daie or two, and then distill it ouer againe,ynles you had rather haue it in his proper colour: for so you shall haue it vpon the first infusion without any farther distillation: and some young Alchymists doe hold these for the true spirits of vegetables.

5 How to make the water which is vsually called Balme-water.

TO euerie gallon of Claret wine put one pound of greene balme. Keep that which commeth first and is clearest, by it selfe: and the second and whiter sort which is weakest and commeth last, by it selfe: distill in a pewter lymbecke luted with paste to a brasse pot. Draw this in May or Iune when the hearbe is in his prime.

6. Rosa-solis.

TAKE of the hearbe Rosa-Solis, gathered in Iulie one gallon,
E 3 picke

Secrets in Distillation.

pick out all the black moats from
the leaues, dates halfe a pound,
Cinnamon, Ginger, Cloues, of each
one ou.ice, grains halfe an ounce,
fine sugar a pound and a halfe, red
rose leaues, greene or dried fourre
handfulls; steepe all these in a gal-
lon of good Aqua Composita in
a glasse close stopped with waxe,
during twenty dayes, shake it well
together once euerie two dayes.
Your sugar must be powdred, your
spices brused onely, or grosselie
beaten, your dates cut in long sli-
ces the stones taken away. If you
adde two or three graines of Am-
ber greece, and as much muske
in your glasse amongst the rest of
the Ingredients, it will haue a
pleasant smel. Some adde the gum
amber with coral and pearle finely
poudred, and fine leafe golde.
Some vse to boyle Ferdinando
bucke in Rosewater, till they haue
purchased a faire deepe crimson
colour, and when the same is cold,
they

Secrets in Distillation.

they colour their Rosa solis and
Aqua Rubea therewith.

7 *Aqua Rubea.*

Take of muske sixe graines, of
Cinamon and ginger of each
one ounce, white sugar candy one
pound, pouder the sugar, and
bruse the spices grossly, binde
them vp in a cleane linnen cloth,
and put them to infuse in a gallon
of Aqua composita in a glasse close
stopped twenty foure hours, sha-
king them togither diuers times,
then put thereto of turnesole one
dram, suffer it to stand one hour,
and then shake altogether, then if
the colour like you afier it is set-
tled, poure the clearest forth into
another glasse: but if you will haue
it deeper coloured, suffer it to
worke longer vpon the turnesole.

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8 D. Steeuens *Aqua composita.*

Take a gallō of Gascoign wine,
of ginger, galingale, cinnamon,
nutmegs & graines, Annis seeds,
Fennell seeds, and carroway seeds,
of each a dram; of Sage, mints, red
Roses, thyme, Pellitory, Rosemary,
wild thyme, camomill, lauender, of
each a handfull, bray the spices
small, and bruise the herbs, letting
them macerate 12. houres, stirring
it now & then, then distill by a lim-
becke of pewter, keeping the firt
cleare water that commeth, by it
selfe, and so likewise the second.
You shall draw much about a pinte
of the better sort from euerie gal-
lon of wine.

9 *Vſquebath, or Irish Aqua vite.*

TO euery gallon of good Aqua
Composita, put two ounces of
chosen

Secrets in Distillation.

chosen liquorice bruised, and cut into small peeces, but first cleansed from all his filth, and two ounces of Annis seeds that are cleane and bruised, let them macerate five or sixe daies in a wodden vessel, stopping the same close, and then draw off as much as will runne cleere, dissoluing in that cleere Aqua vi-
tæ five or six spoonfuls of the best Malaffoies you can get : Spanish cutte if you can get it , is thought better then Malaffoies : then put this into another vessell; and after three or foure daies (the more the better) when the liquor hath fined it selfe, you may vse the same: some adde Dates & Raisins of the Sun to this receipt ; those groundes which remaine you may redykill and make more Aqua composita of them , & of that Aqua cōposita you may make more Visque-bath.

E s.

10 Ci-

Secrets in Distillation.

10 Cinnamon water.

H Aving a Copper bodie or
brasse pot that will holde 12.
gallons, you may well make 2. or
3 gallons of Cinnamon water at
once. Put into your bodie ouer-
night 6. gallons of conduit water,
and two gallons of spirit of wine,
or to saue charge two gallons of
spirit drawne from wine Lees, Ale,
or lowe wine, sixe pound of the
best and largest Cinnamon you can
get, or else eight pound of the se-
cond sort well brusfed, but not bea-
ten into pouder: lute your Lym-
beck, and begin with a good fire of
wood & coals, till the vessel begin
to distill, then moderate your fire,
so as your pipe may drop apace,
and run trickling into the recei-
uer, but not blow at any time: it
helpeth much heerein to keep the
water in the bucket, not too hot,
by often change thereof: it must
neuer

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neuer bee so hot but that you may
well indure your finger therein.
Then diuide into quart glasses
the spirit which firt ascendeth,
and wherein you finde eyther no
taste or a verie small taste of the
Cinamon, then may you boldly
after the spirit once beginneth to
come strong of the cinamon, draw
vntill you haue gotten at the least
a gallon in the receiver, and
then diuide often by halfe pintes
and quarters of pintes, lеāt you
draw too long : which you shall
knovve by the fainte taste and
milkie coulour vwhich distilleth
in the eride: this you must novv
and then taste in a spoone. Now,
when you haue drawen so much
as you finde good, you may adde
thereunto so much of your spirit
that came before your Cinamon
water, as the same will well bear:
Which you must find by your taste.
But if your spirit and your Cina-
mó be both good, you may of the
afore-

Secrets in Distillation.

afersaid proportion will make vp
two gallons, or two gallons and a
quart of good Cynamon water.
Heere note that it is not amisse to
obserue which glasse was first fil-
led with the spirit that ascended,
and so of the second, third, and
fourth: and when you mix, begin
with the last glasse first, and so with
the next, because those haue
more taste of the Cynamon then
that which came first, and there-
fore more fit to bee mixed with
your Cynamon water. And if you
meane to make but 8. or 9. pintes
at once, then begin but with the
halfe of this proportion. Also that
spirit which remaineth vnmixed
doth serue to make Cynamon wa-
ter the second time. This way I
haue often proued & found most
excellent: take heede that your
Limbecke bee cleane and haue no
maner of sent in it, but of wine or
Cynamon, and so likewise of the
glasses, funnelles and pots which
you

Secrets in Distillation
you shall vse about this worke.

¶ 1 How to distill Isop, Thyme, Lauender, Rosemarie, &c. after a new and excellent manner.

Having a large pot containing 12. or 14. gallans, with a Limbecke to it, or else a copper bodie with a serpentine of 20. or 24. gallons, and a copper head, beeing such a vessel as is commonly vsed in the drawing of Aqua vitæ, fill two partes thereof with faire wa-
ter, and one other third parte with such hearbes as you woulde distill, the hearbes beeing eyther moist or drie it skilleth not great-
ly whether, let the hearbes mace-
rate all night, and in the morning begin your fire, then distill as be-
fore in Cinamon water, beeing carefull to giue change of waters to your colour alwaies as it nee-
deth: draw no longer then you seele a strong and sensible taste of the

Secrets in Distillation.

Y hearb which you distill, alwayes diuiding the stronger from the weaker, and by this meanes you shall purchase a water farre excelling any that is drawen by a common pewter still: you may also gather the oyle of each hearb; which you shall finde fleeting on the top or summyt of your water. This course agreeth best with such herbs as are not in taste, and will yeeld their oile by distillation,

12 How to make the salt of hearbs.

Bvrne whole bundles of dried Rosemary, Sage, Isop, &c; in a cleane ouen, and when you haue gathered good store of the ashes of the hearb, infuse warme water vpon them, making a strong and sharpe Lee of those ashes, then evaporate that Lee, & the residēce or settling which you finde in the bottō therof, is the salt which you seek for. Some yse to filter this lee diuers

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diuers times before euaporation,
that their salt may bee the clearer
and more transparent. This salt ac-
cording to the nature of the hearb
hath greate effects in physicke.

13 *Spirit of honey.*

P Ut one part of honey to 5. parts
of water: when the water boy-
leth, dissolve your honey therein,
skimme it, and hauing sodden an
houre or two, put it into a wodden
vessell, and when it is but bloud-
warme, set it on worke with yeaste
after the vsuall manner of Beere
and Ale, tun it, and when it hath
lyen some time, it will yeelde his
spirit by distillation; as wine, beere
and ale will doe.

14 To distill Rosewater at Michaelmas
and to haue a good yeeld as at any o-
ther time of the yeare.

In

Secrets in Distillation.

[N the pulling of your Roses, first
diuide all the blasted leaues, the
take the other fresh leaues, and
lay them abroad vpon your table
or windowes with some cleane
linnen vnder them, let them lie 3.
or foure houres , or if they bee
dewy vntil the dewe be fully vani-
shed:put these rose leaues in great
stone pottes , haing narrowe
mouthes, and well leaded within,
(such as the Goldfiners call their
hookers, & serue to receiue their
Aquafortis, bee the best of ali o-
thers that I know) and when they
are well filled, stop their mouthes
with good corkes , eyther coue-
red all ouer with waxe or molten
brimstone , and then set your pot
in some coole place , and they will
keepe a long time good, and you
may distill them at your best lea-
sure. This way you may distill
Rosewater good cheape , if you
buy store of Roses, when you finde
a glutte of them in the market ,
where-

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whereby they are sold for 7. pence,
or 8. pence the bushell, you then
engrosie the flower. And some
holde opinion, that if in the midd
of these leauen, you put some bro
ken leauen, and after fill vp the
pot with Rose leaues to the top,
that so in your distillation of them
you shall haue a perfect Rose vine
gar without the addition of anie
common vinegar. I haue knowen
Rose leaues kept well in Rondlets,
that haue beeene first well seasoned
with some hote liquor and Rose
leaues boyled together, and the
same pitched ouer on the outside,
so as no ayre might penetrate or
pearce the vessell.

15 A speedy Distillation of Rosewater.

Tampe the leues, and first di
still the juice beeing expressed,
and after distill the leues, and so
you shall dispatch more with one
Still, then others do with three or
four

Secrets in Distillation.

fourestils. And this water is euerie way as medicinable as the other, seruing in all srrups, decoc-tions, &c. sufficently, but not altogether so pleasing in smell.

16 How to distill wine vinegar or good Aligar, that it may bee both cleare and sharpe.

I know it is an vsuall manner among the Nouices of our time to put a quart or two of good vinegar into an ordinary leaden stil, and so to distill it as they doe all other waters. But this way I do vtterly dislike, both for that heere is no separation made at all, and also because I feare that the Vinegar doth carry an ill touch with it, either frō the leaden bottō or pewter head or both. And therefore I could wish rather that the same were distilled in a large bodie of glasse with a head or receiuer, the same beeing placed in sand or ashes.

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shes. Note that the best part of the vinegar is the middle part that ariseth, for the first is fainte and phlegmatick, and the last will taste of adustion, because it groweth heauie toward the latter end, and must be vrged vp with a great fire, and therefore you must now and then taste of that which commeth both in the beginning & towardes the latter end, that you may receiue the best by it selfe.

*17 How to draw the true spirit of roses,
and so of all other herbs and flowers.*

Macerate the Rose in his owne iuice, adding therunto being temperately warme, a conuenient proportion eyther of yeast or ferment, leaue the a few daies in fermentation, till they haue gotten a strōg & heady smel, beginning to incline toward vinegar, then distil them in balneo in glass bodies hewed to their helms (happely a limbecke

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becke wil do better and rid fater)
and drawe so long as you finde
any sent of the Rose to come, then
redistill or rectifie the same so of-
ten till you haue purchased a per-
fect spirit of the Rose. You may al-
so ferment the iuice of Roses one-
lie, and after distill the same.

18 An excellent Rosewater.

Vpon the top of your glasse bo-
die, straine a haire cloth, and
vpon that lay good store of Rose-
leaues, either drie, or halfe drie:
and so your water will ascend ve-
rie good both in smell and in co-
lour. Distill either in balneo, or in
a gentle fire in ashes, you may re-i-
terate the same water vpon fresh
leaues. This may also bee done in
a leaden Still, ouer which by rea-
son of the breadth you may place
more leaues.

19 An

Secrets in Distillation.

19 *An excellent way to make the extract of all Vegetables.*

Expreſſe a good quantitie of the
juice thereof, ſet it on the fire, and
giue it onely a walme or two, then it
will grow cleere: before it be cooled,
pour away the cleerest, filter with a
peece of cotton and then evaporate
your filtered juice, till it come to a
thicke ſubſtance, and thus you ſhall
haue a moſt excellent extracte of the
Rose, Gilloflower, &c. with the per-
fect ſent & taste of the flower; where-
as the common way iſ, to make the
extracte eyther by the ſpirit of wine,
faire water, the water of the plant,
or ſome kinde of menstruum.

20 *To make a water ſmelling of the Eg-
lantine, Gilloflowers, &c.*

Drie the hearbe or flower, and
diſtill the fame in faire water
in

Secrets in Distillation.

in a limbecke, draw no longer then
you finde sen: in the water that iſſeth,
reiterate that water vpon fresh
herbes, and distill as before, diuiding
the sweetest from the rest.

21. *A Scottish handwater.*

Put thyme, Lauender, and Rose-
mary confusely together, then
make a lay of thicke wine Lees in the
bottome of a ſtone pot, vpon which
make another lay of the ſaid hearbs,
and then a lay of Lees , and ſo for-
ward, lute the pot well, bury it in the
ground for 6. weekes, diſtill it, and it
is called Dames water in Scotland.
A little thereof put in a bafon of a
common water maketh very iweete
washing water.

22. *How to draw the bloud of hearbes.*

Stampe the hearbe, put the ſame
into a large Glaffe, leauing two
parts emprie (ſome commend the
juice

Secrets in Distillation.

juice of the hearbe onely) vip or else
lute the grasse very well, digest it in
balneo, 15 or 16. daies, and you shall
 finde the same very red, diuide the
watrish part, & that which remaineth
is the bloud or essence of the hearbe.

23 Rosewater, and yet the Roseleaves
not discoloured.

You must distill in balneo, and
when the bottome of your pew-
ter Still is through hot, put in a fewe
leaves at once and distill them: watch
your Still carefully, and assoone as
those are distilled put in more I know
not whether your profit wll require
your labour, yet accept of it as a new
conclusion.

24 How to recover Rosewater, or any
other distilled water that hath got-
ten a mother, and is in daunger to
be mustie.

Infuse

Secrets in Distillation.

[N]fuse your water vpon fresh Rose
leaues, or vpon Rose cakes bro-
ken all in peeces, and then after
maceration for three or four
houres with a gentle fire, redistill
your water. Do this in a Limbeck,
take heed of drawing too long for
burning, vnlesse your Lymbecke
stand in halneo.

25 To draw both good Rosewater, and
oyle of Roses together.

A fter you haue digested your
Rose leaues by the space of 3.
moneths, *sicut ante, num. 13.* either
in barrels or hookers, then distill
them with fair water in a limbeck,
draw so long as you finde any ex-
cellent smell of the Rose, then di-
uide the fattie oile that fleereth on
the top of the Rosewater, and so
you haue both excellent oyle of
Roses, and also good Rosewater
together, and you shall also haue
more water then by the ordinarie
way,

Secrets in Distillation.

way , and this Rosewater exten-
deth farther in physicall composi-
tions , and the other serueth best
for perfumes and calling bottles.
You may also distill the oyle of
Lignum Rhodium this way, sauing
that you shall not neede to mace-
rate the same aboue 24 houres in
your water or menstruum before
you distill : this oyle hath a
most pleasing smell in a
manner equall with
the oyle of
Roses.

F Coo-



COOKERIE AND Huswiferie.

¶ To souse a young Pig.

Take a yong Pigge being scalded,
boile it in faire water and white
wine, put thereto some Bay leaues,
some whole Ginger, and some Nut-
megs quartered, a few whole cloves;
boile it throughly, and leauue it in the
same broath in an earthen pot.

¶ Aliter.

Take a Pigge being scalded, col-
lar him vppe like brawne, and
lap your collars in faire cloathes:
when the flesh is boyled tender,
take

Cookerie and Huswifery.

take it out, and put it in colde water
and salt, and that will make the skin
white, make sowling drinke for it,
with a quart of white wine, & a pottle
of the same broth.

*3 To boyle a Faunder or Pickerel, of
the Frenchfashion.*

Take a pinte of white wine, the
tops of young thyme & Rosema-
rie, a little whole mace, a little whole
pepper, seasoned with Veriuce, salt,
and a pece of sweete butter, and to
serue it: this broth will serue to boile
fish twise or thrise in.

4 To boile Sparrowes or Larkes.

Take two ladles full of mutton
broth, a little whole mace, put in-
to it a pece of sweet butter, a hand-
full of lansly being picked, season it
with sugar, veriuce, and a little
pepper.

Cookerie and Huswiferie.

5 To boyle a capon in white
breth.

B Oyle your Capon by it selfe in
faire water, then take a ladle-
full or two of mutton broth and a
little white wine , a little whole
mace , a bundle of sweet hearbs ,
a little marrowe, thicken it with
Almonds, season it with sugar, and
a little veriuice, boile a fewe cur-
rants by themselues, and a Date
quartered, leastr you discolor your
broth, and put it on the breast of
your Capon, Chicken or Rabbet:
if you haue no Almonds, thicken
it with creame , or with yo'kes of
egges , garnish your dishes on the
sides with a Lemmon sliced & su-
gar.

6 To boyle a Mallard, Teale,
or Wiggin.

T Akemutton broth, and put it
into a pipken, put into the
belly

Cookery and Huswifery.

bellie of the foulē a fewe sweete
herbes and a little mace , sticke
halfe a dozen of Cloues in his
breast, thicken it with a toste of
bread steeped in veriuice, season
it with a little pepper , and a little
sugar , also one Onion minced
small is very good in the broth of
any water foulē.

7 To boyle a legge of Mutton after the
French fashion.

Take all the flesh out of your leg
of mutton, or at the but end,
preseruing the skiane whole , and
mince it small with Oxe suet , and
marrow, then take grated breade,
sweete Creame , and yolkes of
egges, and a few sweete heartes ,
put vnto it Currans, and Raisins
of the Sunne, season it with Nut-
megs, Mace, Pepper , and a little
suḡr, and so put it into the leg of
Mutton againe where you tooke
it out, and stewe it in a pot with a

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marowe bone or two , ferue in the
marowe bones with the stewed-
broath and truite , and ferue in your
leg of mutton dry with caret rootes
sliced, and cast grosse pepper ypon
the rootes.

8 To boyle Pigs petitoes on the French
fashion.

B Oyle them & slice them , beeing
first rolled in a little batter , your
batter being made with the yolke of
an egge, two spoonfulls of sweete
creame, and one spoonfull of flower,
make sawce for it with Nutmeg, vi-
negar and sugar.

9 To boile Pigeons with rice.

B Oyle them in mutton broath ,
putting sweete hearbes in their
belies , then take a little Rice and
boyle it in creame , with a little
whole mace , season it with sugar ,
lay

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lay it thicke on their breasts, wringing also the iuice of a l emmon vpon them and so serue them.

10 To boyle a chine of veale, or a chicken in sharpe broth with heabes.

TAKE a little muttō broth, white wine and veriuice, and a little whole mace, the take Lettuce, Spinaige, and Parsley, and bruise it, & put it into your broth, seasoning it with veriuice, pepper and a little sugar, and so serue it.

11 To make Beaumanger.

TAKE the brawne of a Capon, toase it like wool, then baile it in sweet Creame with the whites of two eggges, and beeing well boyled, hang it in a cloth, and let the whey run from it, then grinde it in an Alabaster mortar with a woodden pestel, then draw it thorough a thin strainer

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with the yolkes of two egges, and
a little Rosewater, then set it on a
chafingdish with coales, mixing
fourounces of sugar with it, and
when it is colde dish it vp like Al-
mond butter, and so serue it.

18 To make a Polonian
sawfedge.

Take the fillets of an hog, chop
them very small with a hand-
full of red sage, season it hot with
ginger and pepper, and then put
it into a great sheepe's gut, then
let it lie three nights in brine, the
boile it and hang it vpp in a chim-
ney where fire is vsually kept, and
these sawfedges wil last one whole
yeare. They are good for sallades:
or to garnish boyled meates, or to
make one relish a cup of wine.

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**13 To make tender and delicate
brawne.**

Put collars of brawne in kettles of water or other apt vessells, into an ouen heated as you would for houeshold bread: couer the vessels, & so leauue them as long in the ouen as you would doe a batch of bread. A late experiance amongst gentlewomen farre excelling the o'le manner of boyling brawne in great & huge kettles. *Quere*, if putting your liquor hot into the vessels, and the brawne a little boiled first, if by this meanes you shal not giue greate expedition to your worke.

14 Paste made of fysh.

Incorporete the bodie of Salt-fish, Stockfish, Ling, or any fresh fish that is not full of bones, with crums of bread, flower, Isinglasse,
F 5 &c.

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&c and with proper splices agreeing with the nature of euerie severall fish, and of that paste molde off the shapes and formes of little fishes: as of the Roch, Dace, Perch, &c. and so by arte you may make many little fishes out of one great and naturall fish.

15 How to barrell vp Oysters, so as they shall last for sixe moneths sweete and good, and in their naturall taste.

Open your oysters, take the liquor of them, and mixe a reasonable proportion of the best white wine vinteger you can get, a little salt and some pepper, barrell the fish vp in small caske, couering all the Oysters in this pickle, and they will last a long time: this is an excellent meanes to conuey Oysters vnto drie townes, or to carry them in long voyages.

16 How

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16 How to keepe fresh Salmon a whole moneth in his perfect taste and delicacie.

Fist seeth your Salmon according to the vsuall maner, then sinke it in apt and close vessels in wine vinegar with a braunch of Rosemarie therein. By this means Vintners and Cookes may make profit thereot when it is scarce in the markets, and Salmon thus prepared may bee profitably brought out of Ireland and sold in London or else-where.

17 Fish kept long, and yet to eate short and delicately.

Frie your fish in oyle, some commed rape oile, & some the sweetest Siuil oile that you can get, for the fish wil not taste at al of the oile because

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because it bath a wattrish body, and
oyle and water make no true vni-
ty, then put your fish in white wine
vinegar, and so you may keepe it
for the vse of your table any rea-
sonable time.

18 How to keepe roasted Beefe a long
time sweet and wholesome.

This is also done in wine vine-
gar, your peeces beeing noto-
uer great, and well & close barrel-
led vp: this secret was fully proued
in that honorable voyage vnto
Cales.

19 How to keepe powdered beeфе fine
or six weekes after it is sodden, with-
out any charge.

WHEN your beeфе hath
beene well and thorowly
powdred by tenne or twelue daies
space, then seeth it throughly, dry
it

Cookerie and Huswifery.

it with a cloth, and wrap it in drie clothes placing the same in close vessels and cupboards, and it will keep sweet and sound two or three monethes, as I am credibly informed from the experience of a kind and louing friend.

- 20 A concept of the Authors, how beefe may be carried at the sea, without that strong and violent impression of salt which is usually purchased by long and extreame powdring.

Heere, with the good leauue and fauour of those curteous gentlewomen, for whome I did principally, if not only, inted this little treatise; I will make bold to lanch a little from the shoare, and telle what may bee done in the vaste and wide Ocean, and in long and dangerous voyages, for the better preseruation of such vsuall victuals, as for want of this skill doe

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doe oftentimes merely perish,
or else by the extreme pearcing
of the salte , doe lose euen their
nutritiue strength and vertue: and
if any future experience doe hap-
pen to controll my present con-
ceipt , let this excuse a scholler,
quod in magnis est voluisse satis. But
now to our purpose , let all the
bloud bee first well gotten out of
the beete , by leauing the same
some nine or tenne dayes in our
viuall brine, then barrell vp all the
peeces in vessels full of holes , ta-
stening them with ropes at the
sterne of the ship; and so dragging
them through the salte sea water
(which by his infinite change and
succession of water will suffer no
putrefaction , as I suppose) you
may happily find your beefe both
sweet and sauourie enough when
you come to spend the same. And
if this happen to fal out true vpon
some triall thereof had , then ei-
ther at my next impression , or
when

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when I shall bee vrged thereunto
vpon any necessitie of seruice, I
hope to discouer the meanes also
whereby cuerie Ship may carrie
sufficient store of victuall for her
selfe in more close and conuenient
cariages then those loose ves-
sels are able to performe. But if I
may bee allowed to carrie either
roasted or sodden flesh to the sea,
then I dare aduenture my poore
credit therein to preferue for sixe
whole monethes together, either
Beefe, Mutton, Capons, Rabbets,
&c. both in a cheape manner, and
also as fresh as wee doe now vsu-
allie eat them at our Tables. And
this I hold to be a most singular &
necessarie secret for all our Eng-
lish Nauie; which at all times vp-
pon reasonable tearmes I will be
readie to disclose for the good of
my country.

21. How

Cookerie and Huswifery.

- 21 How to make fundry sorts of most daintie butter, hauing a lively taste of Sage, Cynamon, Nutmegs, Mace, &c.

This is done by mixing a fewe drops of the extracted oile of Sage, Cynamon, Nutmegs, Mace, &c in the making vp of your butter: for oyle and butter will incorporat and agree very kindly and naturallie together. And how to make the said oiles, with all necessarie vessels, instruments & other circumstances by a most plaine & familiar description; See my le-well house of Art and Nature vnder the Title of Distillation.

- 22 How to make a larger and daintier Cheese of the same proportion of milk then is commonly vsed or knowne by any of our best dairie women at this day.

Hauing

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Hauing brought your milke
into curds by ordinarie ren-
net, eyther breake them with your
handes according to the vsuall
manner of other cheeses and
after with a fleeting dish, taking
away as much of the whey as you
can, or els put in the curds, with-
out breaking, into your moate, let
them so repose one hour, or two,
or three, and then to a cheeze of
two gallons of milk, adde a waight
of tenne or twelue pound, which
waight must rest vpon a couer,
that is fit with the moate or case
wherein it must truly descend by
degrees as you encrease your
waight, or as the curdes doe sinke
and settle. Let your curdes re-
maine so all that day and night
following vntil the next morning,
and then turne your cheeze or
curds, & place your waight againe
thereon, adding from time to time
some more small waight as you
shall see cause. Note that you must
lay

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lay a cloath both vnder and ouer your curdes at the least, if you will not wrap them all ouer as they doe in other cheeses, changing your cloth at euerie turning. Also if you will worke in any ordinarie moat, you must place a round and broad hoope vpon the moat, being iust of the selfe same bignesse or circumference, or else you shall make a verie thinne cheese. Furne these cheeses euery morning and euening, or as often as you shall see cause, till the whey bee all run out, and then proceed as in ordinarie Cheeses. Note that these moates would be full of holes, both in the sides and botome, that the whey may haue the speedier passage. You may also make them in square boxes full of holes, or else you may devise moates or cases either round or square of fine wicker, which haung wicker couers, may by some sleight be so stayd, as that you shal neede

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neede only morning and euening
to turne the wrong side vpward,
both the bottomes beeing made
loole and so close, and fitting, as
they may sinke truely within the
moate or molde, by reason of the
waight that lyeth thereon. Note,
that in other cheeses, the couer of
the moat shutteth ouer the moat:
but in these the couers descend &
fall within the moates. Also your
ordinarie Cheeses are more spon-
gious and full of eyes then these,
by reason of the violent pressing
of them, whereas these cheeeses set-
ting gently and by degrees, do cut
as close and firme as marmalade.
Also in those cheeses which are
press'd out after the vsuall maner,
the whey that commeth fro them,
if it stand a while, will carrie
a Creame vpon it, whereby the
cheese must of necessitie be much
lesse, and as I ghesse by a fourth
parte, whereas the whey that
commeth from these new kind of
chee-

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cheeses is like fair water in color,
and caryeth no strength with it.
Note also that if you put in your
curdes vnbroken , not taking a-
way the whey that issueth in the
breaking of the, that so the chee-
ses will yet bee so much the grea-
ter but that is the more trouble-
someway, because the curdes be-
ing tender will hardly endure the
turning , yn'lesse you be very care-
full I suppose that the Angelotes
in Fraunce may bee made in this
manner in small baskets , and so
likewise of the Parmesan ; and
if your whole cheese consist of vn-
flattern milke , they will be full of
butter and eate most daintily, be-
ing taken in their time, before
they be too dry, for which purpose
you may keepe them when they
begin to grow dry, vpon greene
rushes or nettles. I haue robbed
my wifes Dairy of this secret, who
hath hitherto refused all recom-
pences that haue beeene offered
her

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her by gentlewomen for the same: and had I loued a cheese my self so well as I like the receipt, I thinke I should not so easily haue imparred the same at this time. And yet I must needs confesse, that for the better gracing of the Title where-with I haue fronted this pamphlet, I haue been willing to publish this with some other secrets of worth, for the which I haue many times refused good store both of crowns and angels: and therefore let no Gentlewoman think this book too deare, at what price so euer it shall be valued vpon the sale thereof, neither can I esteeme the worke to bee of lesse then twenty yeeres gathering.

23 Clouted creame.

Take your milke beeing new milked; and presentlie set it vpon the fire from morning vntill the

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the euening, but let it not seeth: and
this is called my Ladic Youngs clow-
ted creame.

24 Flesh kept sweet in summer.

You may keepe veale, mutton,
or venison in the heat of summer
9 or ten daies good, so as it bee new-
ly and faire killed, by hanging the
same in an high and windie roome.
(And therfore a plate cupboard full
of holes, so as the winde may haue a
through passage, would be placed in
such a roome, to auoide the offence
of fly-blowe,) this is an approued
Secret easie and cheape, and very ne-
cessary to bee knowne and practised:
in hote and tainting weather. Veale
may be kept ten daies in bran.

25 Mustard meale.

It is vsuall in Venice to sell the
meale of Mustarde in their mar-
kets

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kets, as we doe flower and meale in England: this meale by the addition of vinegar in two or three daies becometh exceeding good mustard, but it would bee much stronger and finer, if the huskes or huls were first diuided by searce or boulter, which may easily be done, if you drie your seedes against the fire before you grinde them. The Dutch iron hand-mils, or an ordinarie pepper mil may serue for this purpose I thought it verie necessarie to publish this manner of making of your sauce, because our mustard which we buy from the Chandlers at this day is many times made vp with vile and filthy vinegar, such as our stomack wou'de abhorre if we should see it before the mixing thereof with the seeds.

26 How to auoide smoke, in broiling of Bacon, Carbonado, &c.

Make little dripping pannes of paper,

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paper; pasting vp the corners with
starch or palte, wet them a little in
water, but Pope Pius Quintus his
Cooke will haue them touched o-
uer with a feather first dipped in
oyle or molten butter, lay them
on your gridiron, and place therin
your slices of bacon, turning them
as you see cause. This is a cleanly
way, and auoideth all smoke. In
the same manner you may also
broile thin slices of Polonian saw-
sedges, or great Oysters, for so
we e the Popes Oysters dressed.
You must be careful that your fire
vnder the gridiron flame not, least
you happen to burne your drip-
ping pannes, and therfore all
cole-brands are here exclude d

47. *The true botteling of beere.*

Vhen your Beere is ten or
twelue daies old, whereby
it is growne reasonable cleare,
then

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then bottle it, making your corks very fit for the bottles, and stop them close, but drinke not of this beere till they beginne to worke againe and mantle, and then you shall finde the same most excellent and sprightly drinke: and this is the reason why bottle ale is both so windie and muddie, thundring & smoking vpon the opening of the bottle, because it is commonlie bottled the same day that it is laid into the Cellar, whereby his yeast beeing an exceeding windie substance, being also drawne with the ale not yet fined, doth incorporate with the drinke, and maketh it also verie windie, and this is all the lime and gun-powder wherewith bottle ale hath beene a long time so wrongfully charged.

28 *How to helpe your bottles when they are mustie.*

SOME put them in an ouen when
G the

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the bread is newly drawne, closing
vp the ouen, and so let them rest til
morning. Others content them-
selues with scalding them in hot
liquor onely till they be sweet.

39 How to breakewhites of
Eggs speedily.

A Figge or two shred in peeces,
and then beaten amongst the
whites of egges, will bring them
into an oyle speedily: some breake
thera with a stubbed rod, and some
by wringing them often through a
sponge.

40 How to keepe flyes from oile peecess:

A Line lined ouer and strayned
about the crest of oile peeces
or pictures, will catch the flyes,
that woulde otherwise deface the
Pictures. But this Italian con-
ceipte both for the rareness and
vse

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vse thereof doth please me aboue all other: viz. Pricke a Cowcumber full of barley cornes with the small spiring ends outward, make little holes in the Cowcumber first with a wooden or bone bodkin, and after put in the graine, these beeing thicke placed will in time couer all the Cowcumber, so as no man can discerne what strange plant the same should bee. Such Cowcumbers are to bee hung vp in the middest of summer roome to drawe all the flies vnto them, which otherwise woulde flie vpon the pictures or hangings.

31 *To keepe Lobsters, Crafishes, &c., sweet and good for some fewe daies.*

These kinds of fish are noted to be of no durabilitie or lasting in warme weather: yet to prolong their daves a little, though I feare I shall raise the price of them

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them by this discouerie amongst
the fishmongers (who onely in res-
pect of their speedie decay doe
now and then afford a penyworth
in them) if you wrappe them in
sweete and course rags first moi-
stened in brine, and then burie
these cloathes in Callis sand, that
it is also kept in some coole and
moist place, I know by mine owne
experience that you shall finde
your labour well bestowed, and the
rather if you laye them in seuerall
cloathes, so as one doe not touch
the other.

*32 Divers excellent kindes of
bottle Ale.*

I Cannot remember that euer I
did drinke the like sage ale at a-
ny time, as that which is made by
mingling two or three droppes of
the extracted oyle of sage with a
quart of Ale, the same beeing wel
bruied out of one pot into ano-
ther,

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ther: and this way a whole Stand
of sage ale is verie speedily made,
The like is to bee dons vwith the
oyle of Mace or Nutmegs. But if
you will make a right gossips cup
that shall farre exceede all the ale
that euer mother *Bunch* made in
her life time, then in the bottling
vp of your best ale, tunne halfe a
pinte of white Ipocras that is
newly made, and after the best re-
ceipt, with a poettle of ale, stoppe
your bottle close, and drinke it
when it is stale: Some commende
the hanging of roasted Orenges
prickt full of Cloues in the vessell
of ale, till you find the taste there-
of sufficiently graced to your own
liking.

33 How to make wormewood wine ve-
rie speedily and in great quantitie.

Take small Rochell or Coniako
wine, put a fewe droppes of the
G 3 extra-

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extracted oile of wormwood therin, brew it together (as before is set downe in bottle ale) out of one potte into an other, and you shall haue a more neate and wholsome wine for your body, the that which is folde at the Stilliard for right wormewood wine.

34 *Rosewater and Rosevinegar of the colour of the Rose, and of the Cowslip, and violet vinegar.*

IF you would make your Rosewater and Rosevinegar of a Rubie colour, the make choise of the crimson velvet coloured leaues, clipping away the whites with a paire of sheeres, & being through dried, put a good large handfull of them into a pinte of Damaske or red rosewater, stop your glasie well & set it in the sun, till you see that the leaues haue lost their colour. Or for more expedition you may performe this worke in Balneo in

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a fewe houres , and when you take
out the olde leaues , you may put
in fresh till you find the colour to
please you. Keepe this Rosewater
in glasses very well stopt , the ful-
ler the better. What I haue said of
Rosewater , the same may also be
intended of Rose vinegar , violet ,
marigolde , and cowslip vinegar ,
but the whiter vinegar you chuse
for this purpose , the colour there-
of will be the brighter , and there-
fore distilled Vinegar is best for
this purpose , so as the same bee
warily distilled with a true diuisi-
on of parts , according to the ma-
ner expressed in this booke in the
distillation of vinegar .

35 To keepe the iuice of Oranges and
Lemmons all the yeare for sauce , Ju-
leps and other purposes .

Xpresso their iuice , and passe
it through an Ipocras bagge
to clarifie it from his impurities .

G 4 then

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then fil your glasse almost to the top, couer it closely, and let it stand so till it haue done boyling; then fill vp your glasse with good Sallet oyle, and set it in a coole closet or butterie where no sunne commeth. The aptest glasses for this purpose are straight vpright ones, like to our long beere glasse, which would bee made with little round holes, within two inches of the bottome to receiue apt fawcets, and so the grounds or lees would settle to the bottome, and the oyle woulde firke downe with the iuice so closely that all putrefaction woulde bee auoyded: or in steede of holes if there were glasse pipes it were the better and readier way, because you shall hardly fasten a fawcet well in the hole. You may also in this manner preserue many iuices of hearbes and flowers.

And because that profite and skill ynited doe grace each other,
if

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if cuiteous Ladies) you will lend
eares and followe my direction; I
will heere furnish a great number
of you (I wou'de I could furnish
you all) with the iuice of the best
ciuill Orengeſ at an easie price:
About Alhallontide or soone after
you may buy the inward pulpe of
ciuill Orengeſ wherein the iuice
resteth, of the comfetmakers for
a small matter, who doe onely or
principally respect their rindes to
preserue and make Orengeadoes
withall, this iuice you may pre-
pare and preserue as before.

36 Howe to purifie and give an ex-
cellent smell and taste unto sallet
oyle.

Put Sallet Oyle in a Vessell of
wood or earth, hauing a hole
in the bottome, to euery 4. quarts
of water adde one quart of oyle,
and with a woodden spoone or
spatle

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spattle beat them well togither
for a quarter of an houre , then
let out the water, preuenting the
oyle from issuing, by stopping of
the hole , repeate this worke two
or three times, and at the last you
shall finde your oyle well clensed or
clarified. In this maner you may
also clarifie capons grease , being
first melted , and working with
warme water. All this is borrowed
of M. Bartholomaeus Scapius the maie-
ster Cook of Pope Pius Quintus his
priuie kitchen. I thinke if the last
agitation were made in Rosewa-
ter , wherein also cloues or Nut-
megs had beene macerated , that
so the oyle woulde bee yet more
pleasing.

Or if you set a Jar glasse in Bal-
neo full of sweet oyle, with some
store of bruised cloues, and rinds
of ciuill Oranges or Lemmons al-
so therein , and so continue your
fire for two or three houres , and
then letting the cloues and rindes
remaine

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remain in the oile til both the sent
and talte doe please you: I thinke
many men which at this daie doe
loath oile(as I my selfe did,not long
since) would bee easily drawnen to
a sufficient liking thereof.

37 How to clarifie without any Distilla-
tion both white and claret wine vi-
negar,for gellies or sences.

To cuerie sixe pintes of good
wine vinegar, put the whites
of two new laid egges well beaten,
then put all into a new leaden pip-
kin, and cause the same to boile a
little ouer a gentle fire, then let it
runne through a course gelly bag
twise or thrise, and it will bee ve-
ry cleare, & keep good one whole
yeare.

38 To make a most delicate white salt for
the table.

Fist calcine or burn your white
salt,

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salt, then dissolute it in cleare conduitwater, let the water stand without stirring, tortie eight houres, then carefully draw vaway all the cleare vwater only, filter it, & after euaporate the fitted liquor, reseruing the salt. Some leauue out calcination.

39 A delicate Candle for a
Ladies Table.

Cause your Dutch Candles to bee dipped in Virgin wax, so as their last coate may be meereley waxe, and by this meanes, you may carrie them in your hand without melting, and the sent of the tallow vwill not break through to giue offence, but if you vwould haue them to resemble yellow waxe candles, then first let the tallow be coloured with Turmericke boyled therein, and strayned, and after your Candles haue beene dipped therein to a sufficient great-

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greatnes , let them take their laste
coate from yellow vvax , this may
bee done in a great round Cane of
tinne plate , hauing a bottom , and
beeing somewhat deeper then the
length of your candles:and as the
wax spendeth , you may still sup-
ply it with more .

40 How to hang your Candles in the
aire without candlesticke .

This will make a strange shew
to the beholders that knowv
not the conceit , it is done in this
manner . Let a fine Virginall wier
be conueied , in the midst of eue-
rie wike and left of some length
aboue the Candle to fasten the
same to the postes in the roofe of
your house , and if the roome bee
any thing high roofed , it will bee
hardly discerned , and the flame
though it consume the tallow , yet
it will not melt the wier .

41 Rose

Cookerie and Huswifery.

41 Rose Vinegar made in a new
manner.

MACERATE or steep Rose-leaves in faire water, let them lie therein, till they waxe soure in the ell, and then distill the water.

Sweet

SWEETE POW.
ders, oyntments,
beauties, &c.

1. An excellent damask powder.

Take of yreos halfe a pound,
Rose leaues 4 ounces, cloues
one ounce, lignum Rhodium two
ounces, Storax one ounce and a
halfe, muske and cluet of each 10
graines, beat & incorporate them
well together.

2. An excellent hand water or washing
water very cheape.

Take a gallon of faire water,
one handfull of Laueder flow-
ers, a fewe cloues, and some orace
powder,

Sweet powders.

powder, and foure ounces of Beniamin ; distill the water in an ordinary leaden still : you may distill a second water by a newe infusion of water vpon the feces, a little of this will tweeten a bason of faire water for your table.

*3 A ball to take out staines
from linnen.*

Take foure ounces of white hard Soape, beate it in a mortar with two small Lemmons sliced, and as much roche allome as an hasell Nut, roll it vp in a ball, rub the staine therewith, and after fetch it out with warme water if neede be.

*4 A sweet and delicate
Pomander.*

Take two ounces of I abdanum, of Beniamin and Storax one ounce, muske sixe graines, ciuet sixe

Ointments, beauties, &c.

sixe graines, Amber greece sixe
graines, of Calamus Aromaticus
and Lignum Aloes, of each the
waight of a groat, beat all these in
a hote mortar, and with an hote
pestell till they come to paste, then
wet your hand with rosewater, and
roll vp the paste sodainly.

5 *To take stains out of ones hands
presently.*

THIS is done with the iuice of
Sorrell, washing the stayned
place therein.

6 *To take away spots and freckles from
the face or hands.*

THE sappe that issueth out of a
Birch tree in great aboun-
dance, being opened in March or
Apfull, with a receiuer of glasse set
vnder the boring thereof to re-
ceiue the same, doth performe the
same

Sweet powders.

same most excellently and maketh
the skin very cleare. This sap will
dissolve pearle, a secret not known
vnto many.

7 A white fucus or beauty for
the face.

THE iawe bones of a Hogge or
Sow well burnt, beaten and
searced through a fine searce, and
after ground vpon a porphire or
serpentine stone is an excellent
fucus, being laid on with the oyle
of white poppey.

8 A delicate washing ball.

TAKE three ounces of Orace,
halfe an ounce of Cypres, two
ounces of Calamus Aromaticus,
one ounce of Rose leaues, two
ounces of lauender flowers, beat
all these together in a mortar, sear-
cing them through a fine searce,
then

Ointments, beauties, &c.

then scrape some castill sope, and
dissolue it with some Rosewater,
then incorporat all your powders
therewith by labouring of them
well in a mortar.

9 *Dimaske powder.*

Take fiue ounces of orace, two
ounces of Cipres, two ounces
of Calamus, halfe an ounce of
Cloues, one ounce of Beniamin,
one ounce of Roseleaues, one
ounce of Storax calamitum, halfe
an ounce of Spike flowers, mixe
them well together.

10 *To keepe the teeth both white and
sound.*

Take a quart of hony, as much
Vinegar, and halfe so much
white wine, boyle them together
and wash your teeth therwith now
and then.

Ointments, beauties, &c.

11 To delay heat, and cleare
the face.

Ake three pints of conduit wa-
ter, boile therein two ounces of
French barley, change your water,
and put in the barley againe: repeat
this so long, till your water pur-
chase no colour from the Barley,
but become very cleare: boile the
last three pints to a quart, then mix
halfe a pint of white wine therein,
& when it is cold, wring the iuice
of two or three good Lemmons
therein, and vse the same for the
Morphew, heat of the face or hāds,
and to cleare the skinne.

12 Skinne kept white
and cleare.

VVash the face and body of
a sucking child with breſt
milke, or cowe milke, or mixed
with

Ointments, beauties, &c.

vwith water, euery night, and the
childe skinne will wax faire and
cleare, and resist sunburning.

13 An excellent Pomatum to cleare
the skinne.

VV Ash Barrows grease oftē-
times in May-dewe that
hath bin clarifid in the sun,till it
bee exceeding vwhite, then take
Marshmallovv rootes scraping off
the outsides, then make thin fli-
ces of them and mixe them, set
them to macerate in a seething
Balneo, and scumine it well till it
bee throughly clarifid and will
come to roap,then straine it, and
put novv and then a spoonefull of
May-devve therein, beating it till
it be through cold in oftē change
of May-dew,then throw away that
devve, and put it in a glasse cou-
ring it vwith May-dewe, and so re-
serue it to your vse. Let the mal-
low

Sweet powders.

lowe rootes be two or threes daies
dried in the shade before you vse
them. This I had of a great profes-
sour of Arte, and for a rare and
dainty secret, as the best fucus this
day in vse.

14 Another minerall fucus for
the face.

I Ncorporate with a wooden pe-
stle & in a woodden mortar with
great labour foure ounces of sub-
limate, and one ounce of crude
Mercurie at the least sixe or eight
houres (you cannot bestowe too
much labour herin) then with of-
ten change of cold water by ablution
in a glasse, take away the salts
from the sublimate, change your
water twise euery day at the least,
and in seauen or eight dayes (the
more the better) it will be dulcifi-
ed, and then it is prepared. Lay it
on with the oyle of white poppey.

15 To

Oynments, beauties, &c.

15 To take away chilblaines out of the
hands or feet.

B Oyle halfe a pecke of Oates in
a quart of water, till they waxe
drie, then hauing first annoyned
your handes with some good Po-
matum and well chased them, hold
them within the oates as hotte as
you may wel suffer them, couering
the bowle wherein you put your
hands with a double cloth to keep
in the steame of the oates. Do this
three or foure times, and you shall
 finde the effect. The same oats
will serue to bee sodden with fresh
water three or foure times.

16 To helpe a face that is red
or pimpled.

D issolve common salt in the
juice of Lemmons, and with a
linnen

Ointments, beauties, &c.

linnen cloth, pat the patients face
that is full of heate or pimples. It
cureth in a fewe dressings.

17 Aliter.

Take of those little whelkes or
shels which some doe call giny
money, wash ffe or sixe of them, &
beate them to fine powder , and
infuse the iuice of Lemmons vp-
on them, & it will presently boile :
but if it offer to boile out of your
glasse, then stop the mouth there-
of with your finger , or blow into
it. This will in a short time bee
like an ointment , with which you
must anoint the heate or pimples
of the face oftentimes in a daie
tillyou find help. As the ointment
dryeth, put more iuice of Lem-
mons to it. This of an outlandish
Gentlewoman, and it is an assured
remedie if the heate bee not verie
extreme. Some haue found by ex-
perience

Ointments, beauties &c.

perience, that bathing of the face
with hote vinegar every night when
they goe to bed doth mightily repel
the humour.

18 Aliter.

Quit bay salt well dried & pow-
dered, in double linnen sockes
of a prettie bignesse, let the patient
weare them in wide hose and shooes
day and night, by the space of four-
teene daies, or till hee be well: eue-
rie morning and euening let him dry
this sockes by the fire and put them
on againe. This helped M. Foster
an Essex man and an Attorney of
the Common pleas within these few
yeares, but now deceased, whose
face was for many yeres together of
an exceeding high and furious co-
lour, of my owne knowledge, and
had spent much mony in Physicke
without any successe at all, vntill

H he

Sweet powders.

he obtained this remedy. The patient must not take any wet of his feete during the cure.

19 *Alier & optimus.*

Take halfe a pound of white distilled vinegar, two new laide Eggs with their shelles, two spoonfulls of the flowers of brimstone, let these macerate in the vinegar by the space of three daies: then take out the Egges, and pricke them full of holes with a needle, but not too deepe, least any of the yolke shoulde happen also to issue, let that liquor also mixe with the vineger, then straine all through a fine cloath, and tie vp the brimstone in the cloth like a little ball, dip this bal in the strained liquor, when you vse it, and pat it on the place three or foure times euerie day, and this will cure any red face in

Ointments, beauties.

in twelue or fourteen daies. Some
doe also commende the same for
an approued remedie against the
morphew; the brimstone ball must
be kept in some close thing from
the ayre.

20 How to take away any pimple from
the face.

Brimstone ground with the oyle
Of Turpentine , and applied to
any pimple one hour, maketh the
flesh to rise spungeous : which be-
ing annointed with the thick oyle
of butter that ariseth in the mor-
ning from new milke sodden a lit-
tle ouer night , will heale and scale
away in a few daies, leauing a faire
skinne behinde. This is a good
skinning salve.

Sweet powders.

21 To helpe any Morphew, sunneburning, itch, or red face.

Steepe two sliced Lemmons being large and faire in a pinte of Conduit water, leauue then fourte or fiftie daies in infusion coueting the water, then straine the water, and dissolve therein the quantitie of a halfe nut of sublimate (some holde a diametre a good proportion to a pinte of water) finely powdered: let the patient wet a cloth therein, and rub the place where the griefe is, euering morning and euening alittle, till the hew doe please her: you may make the same stronger or weaker according to good discretion.

22 For the Morphew.

TAKE a pinte of distilled Vinegar, laie therein two newlaid eggs

Ointments, beauties, &c.

egges whole with their stieles, three yellow Docke rootes picked and sliced, two spoonetuls of the flowers of brimstone, and so let all rest three daies, and then use this liquor with a cloth, rubbing the place three or foure times every day, and in three or foure daies it commonly helpeth: put some bran in your cloth before you moisten your cloth therein, binding it vp in form of a little ball. This of Maister Rich of Lee, who helped himselfe and a gallant Ladie therewithin a fewe dayes.

23 To take away the freckles in
the face.

V V A S H your face in the
wane of the moone with
a spunge, morninge and euening
with the distilled water of Elder
Leaves, letting the same drie into
the skione. Your water must be di-

H 3 stilled

Sweet powders.

stilled in Maie. This is of a Trauailer, who hath cured himselfe therby.

24 To cure any extreame bruise vpon a
sore fall, on the face, or any other mem-
ber of the body.

Presently after the fall make a
great fire , and applie hote
cloathes one after another with-
out intermission , the patient stan-
ding neere the fire for one hour
and a halfe, or till the swelling bee
cleane abated. This I knewe pro-
ued with good successe in a maid
that fell downe a paire of staires ,
whereby all her face was extreme-
ly disfigured. Some holde opini-
on that the same may bee per-
fourmed with clothes wet in hote
water and wroonge out againe
before application. Then to take
away the chaungeable colours,
which doe accustomablelie followe
all bruises, shred the roote of a
greene

Ointments, beauties, &c.

greene or growing flower deluce,
beate it with red rose water , and
grinde it till it come to a salue, ap-
ply the same , and in a few houres
it taketh away all the colours: but
if it lie too long it will raise pim-
ples: and therefore so soone as the
colours be vanished, immediately
remooue the salue.

*25 How to keep the teeth
cleane.*

Calcine the tops and branches
of Rosemarie into ashes , and
to one part thereof , put one part
of burnt allome , mixe them well
together , and with thy finger fist
moistned a little with thy spettle ,
rubbe all thy teeth ouer a prettie
while euery morning till they bee
cleane , but not to galling of thy
gums, then sup vp some faire wa-
ter or white wine , gurgling the
same vp and downe thy mouth a
while

Sweet powders.

while and then drie thy mouth with
a towell. This of an honest Gentle-
man and a painefull gatherer of phy-
sicall receipts.

26 *Sweete and delicate Dentifrices or
Rubbers for the teeth.*

Dissolve in foure ounces of warm
water, three or foure drammes
of gumme Dragagant, and in one
night this will become a thicke sub-
stance like gellie, mingle the same
with the powder of Alabaster fine-
ly ground and searc'd: then make
vp this substance into little rounde
rolles, of the bignesse of a childes
arrowe, and foure or five inches in
length. Also if you temper Rose
or some other colour (that is not
hurtfull) with them, they will shew
full of pleasing veines. These you
maie sweeten either with Rosewater,
Ciuet or muske. But if your teeth
bee

Ointments, beauties, &c.

be verie scalie, let some expert bar-
bei first take off the scales with his in-
strument, and then you may keepe
them cleane by rubbing them with
the aforelaid rolles. And heere, by
those miserable experiences that I
have scene in some of my neareste
friendes, I am inforced to admo-
nishi all Gentlewomen to bee care-
full how they suffer their teeth to be
cleansed and made white with anie
Aqua fortis, which is the Barbars v-
suall water: for vnlesse the same bee
both well delayed, and carefully ap-
plied, she may happen within a few
dressings to bee forced to borrow
a rance of teeth to eate her dinner,
vnlesse her gums doe helpe her the
better.

27 A delicate stoue to sweat in.

I know that many Gentlewomen
as well for the cleering of their

H 5 skins

Sweet powders.

skins as cleansing of their bodies,
do now and then delight to sweat.
For the which purpose I haue set
downe this manner following, as
the best that euer I obserued. Put
into a brasse poete of some good
content, such proportion of sweet
hearbes, and of such kind as shall
bee most appropriate for your infirmitie,
with some reasonable
quantitie of water, close the same
with an apt couer, and well luted
with some paste made of flower
and whites of Egges: at some
parte of the couer you must let
in a leaden pipe (the entraunce
whereof must also bee well luted)
this pipe must bee conueyed tho-
rough the side of the Chimney,
where the pot standeth in a thicke
hollow stake , of a bathing tubbe
crostled with hoopes according to
the vsuall maner in the top, which
you may couer with a sheete at
your pleasure. Nowe the steame
of the poete passing thorough the
pipe

Oiniments, beauties.

pipe vnder the falsebottome of the bathing tub, which must be boared full of bigge holes, will breath so sweete and warme a vapour vp on your bodie, as that (receiuing aire by holding your head without the tub as you sit therein) you shal sweat most temperately, and continue the same a long time without fainting. And this is performed with a small charcoale fire maintained vnder the pot for this purpose. Note that the roome would be close wherein you place your bathing tub, least any sodain cold should happen to offend you whilst your bodie is made open and parous to the aire.

28 *Divers sorts of sweet or hand waters made soddainly or extempore, with the extracted oyles offspices.*

First you shall vnderstand that whensoeuer you shall draw any

of

Sweet powders.

of the aforesaide oyles of Cinnamon, Cloues, Mace, Nutmegs, or such like, that you shall haue alio a pottle or a gallon more or lesse, according to the quantitie which you draw at once, of excellent sweete washing water for your table: yea some doe keepe the same for their broths, wherein otherwise they shoulde vse some of the same kind of spice. But if you take three or four drops onely of the oyle of Cloues, Mace, or Nutmegs (for Cinnamon oyle is too costly to spend this way) and mingle the same with a pinte of faire water, making agitation of them a prettie while togither in a glasie hauing a narrow mouth, till they haue in some measure incorporated themselves together, you shall finde a verie pleasing and delightfull water to wash with, and so you may alwaies furnish your selfe of sweet water of seuerall kindes, before such time as your guests shall be

Ointments, beauties, &c.

bee ready to sit downe. I speake not here of the oyle of Spike, which will extend very farre this way, both because every gentlewoman doth not like so strong a sent, and for that the same is elsewhere already commended by another Author. Yet I must needs acknowledge it to bee the cheaper way, for that I assure my selfe there may be fiftie or sixe gallons of sweete water made with one ounce of the oile, which you may buy ordinarily for a groate at the most.

29 *An excellent sweet water for a casting bottle.*

TAKE three drams of oyle of Spike, one dramme of oyle of Thyme, one dram of oyle of Lemmons, one dram of oile of cloues, then take one grame of Ciuet, and three graines of the aforesaid composition well wrought together,

Sweet powders.

ther. Temper them well in a siluer spoone with your finger, then put the same into a siluer boll, washing it out by little and little into the boll with a little Rosewater at once, till all the oyle bee washed out of the spoone into the boule, & then doe the like by washing the same out of the boule with a little Rosewater at once, till all the sent bee gotten out, putting the Rosewater still in a glasse, when you haue tempered the same in the boule sufficiently. A pinte of Rosewater will bee sufficient to mingle with the said proportion: and if you finde the same not strong enough of the ciuet, then you may to euery pint put one graine and a halfe, or two graines of ciuet to the weight of three graines of the aforesaid composition of oyles.

30 To colour a blacke haire presently into a Chesnut colour.

This

Oyntments, beauties, &c.

THIS is done with oyle of Vitrioll : but you must doe it verie carefully not touching the skin.

31 *A present and delicate perfume.*

LAY two or three droppes of liquid Amber vpon a glowing coale or a peece of lignum aloes, lignum Rhodium, or storax.

32 *To renew the sent of a Pomander.*

TAKE one graine of ejuet, and two of muske, or if you double the proportion it will bee so much the sweeter, grind them vp on a stone with a little Rosewater, and after wetting your hands with Rosewater, you may worke the same in your Pomander. This is a sleight to passe awaie an olde Pomander, but my intention is honest.

33 *How*

Sweet powders.

33 How to gather and clarifie
May-deawe.

WHEN there hath fallen no raine the night before, then with a cleane and large sponge, the next morning you may gather the same from sweet hearbs , grasse, or corne: straine your deawe , and expose it to the sunne in glasses couered with papers or parchment prickt full of holes , straine it often , continuing in the sunne, and in an hote place till the same grow white and cleere , which will require the best part of the summer. Some commend May-dew gathered from Fen-selt and Celandine, to be most excellent for sore eyes , and some commend the same (prepared as before) aboue Rosewater for preseruing of fruits, flowers, &c.

34 Divers

Ointments, beauties, &c.

34 Divers excellent sentes for gloves,
with thir proportions and other circum-
stances, with the manner of perfu-
ming.

THe Violet, the Ornge, the Lé-
mon duely proportioned with o-
ther sentes, performe this well, so
likewise of Labdanum, Storax, Beni-
amin, &c.

The manner is this. First lay your
vmbre vpon a fewe coales till it be-
gin to cracke like lime, then let it
coole of it selfe, taking away the
coales, then grind the same with some
yellow ocre, till you perceiue a right
colour for a gloue: with this mix-
ture wash ouer yo r gloue with a lit-
tle hairebrush vpon a smooth stone
in euerie scame and all ouer, then
hange your gloves to drie vpon a
line, then with gum Dragagant dis-
solved in some Rosewater, and
ground with a little oile de Ben, or of
sweete

Sweet powders.

Sweet Almonds vpon a stone, strike ouer your gloves in euerie place with the gum and oile so ground together, doe this with a little sponge, but bee sure the gloves be first throughly drie, and the colour well rubbed and beaten out of the gloue; then let them hang againe till they be dry, which will be in a short time. Then if you wil haue your gloue to lie smooth and faire in shew, goe ouer it againe with your sponge, and the mixture of gumme and oyle, and drie the gloue yet once againe. Then vrinde vpon your stone two or three graines of good muske, with halfe a spoonfull of Rosewater, and with a very little peece of a sponge take vp the composition by a little and little, and so lay it vpon your gloue lying vpon the stone. Pick and straine your gum Dragagant before you vse it. Perfume but the one side of your gloue at once, and then hang it vp to

Ointments, beauties, &c.

to drie, and then finish the other side. Tenne graines of muske wil giue a sufficient perfume to eight paire of gloues. Note also that this perfume is done vpon a thin Lambes leather gloue: and if you worke vpon a kids skin or goates skin, which is vsuall leather for rich perfumes, then you must adde more quantitie of the oyle of Ben to your gumme, and goe ouer the gloue twise therewith.

35 Sweet bags to lie among linnen.

Fill your bags only with lignum Rhodium finely beaten, and it will giue an excellent sent to your linnen.

36 To make haire of a faire yellow or golden colour.

The last water that is drawne from honey being of a deepe red colour, performeth the same excell-

Sweete powders.

excellently, but the same hath a strong smell, and therefore must be sweetned with some aromatical bodie.

Or else the haire beeing first cleane washed and then moistned a prettie while by a good fire in warme allom water with a spunge, you may moisten the same in a decoction of Turmericke, rubarb, or the barke of the Barberie tree, and so it will receiue a most faire and beautifull colour. The Dog-berrie is also an excellent berrie to make a golden liquor withal for this purpose: beat your allom to powder, and when the water is ready to seeth, dissolve it therein: foure ounces to a potte of water vwill bee sufficient, let it boyle a vwhile, straine it, and this is your allom licour wherevwith you must first prepare the haire.

37 How to colour the head or beard into a Chesnut colour in halfe an houre.

Take

Ointments, beauties, &c.

Take one part of lead calcined
vwith sulphur, and one part of
quicklime, temper them some-
what thin vwith vwater, lay it vpon
the haire, chafing it vwell in, and
let it drie one quarter of an houre
or thereabout, then vwash the same
off vwith faire vwater diuers times,
and lastly, vwith sope and vwater,
and it vwill be a ver v naturall haire
colour. The longer it lyeth vpon
the haire the brouvner it groweth.
This coloureth not the flesh at al;
andyet it lasteth verie long.

in the haire. Sapius

expertum.

F I N I S.

